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Radio Round-up

A weekly service for Directors of Women's Radio Programs

80 Beaver Street
New York 4, New York
October 5, 1945

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U. S. DEPARTMENT OF AGRICULTURE

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U. S. Department of Agriculture

WORLD FOOD PICTURE

You can get a snapshot view of the world's fight against hunger in the comment of a Balkan official. "The children of our town," he told an UNRRA worker, "eat every other day."

A report from the Office of Foreign Agricultural Relations, sketches the view on a larger canvas. It shows:

> Continental Europe - exclusive of the Soviet Union - will be short 18 million tons of food to maintain rations moderately above wartime levels in liberated countries, and to prevent widespread disease and unrest among urban populations in conquered areas.
>
> China will lack about 2 million tons of wheat and rice of having enough food to avert acute shortages in its urban areas. Should bad weather reduce the rice crop below early estimates, India's food shortage will be greater than 2 million tons. The Philippines, Celyon, and possibly the Netherlands East Indies, will all need to import food.
>
> Notwithstanding a magnificent job of wartime food production, the United Kingdom will need approximately 9 million tons of food if the people are to eat as well as they did during the war years.

But there are bright spots in the world food picture. They are in North America, where the farmers raised a third more food than they did in pre-war years: South America, where 1945-46 crops are just being planted; Australia, New Zealand, Denmark and Sweden.

The OFAR survey shows that several of these surplus-food-producing countries will continue rationing and other food conservation measures started during the war, and thereby will be able to share food with the peoples in the war-torn countries.

NUTCRACKER SUITE-----ANDANTE

For the first time in three years, the United States has the opportunity to import Brazil nuts from their namesake country in South America. There's been a shipping order forbidding imports of these nuts since October 1942, but this order has recently been terminated. The shipping restriction was originally passed so that native labor in Brazil could be diverted from gathering Brazil nuts to working the rubber trees.

Though there will be some imports this fall, there won't be anywhere near pre-war supplies. Bountiful stocks are just not available at the export centers. And also there has been a reported shortage of tin cans for packing the nuts in Brazil.

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Ordinarily the harvest season for Brazil nuts is from December to June. The nuts grow on extremely high trees, and when the nuts are ripe the wind blows them to the ground where they are gathered by the natives. Usually the December through February harvest goes to Europe...the United Kingdom especially. The United States starts its purchases generally after February. This year there won't be more than a thousand tons of shelled Brazil nuts available for all buyers. And prices are almost double the pre-war ones because of the scarcity of supply. It will be at least a year before shipments are comparable to those we received prior to the war.

COLD COMFORT

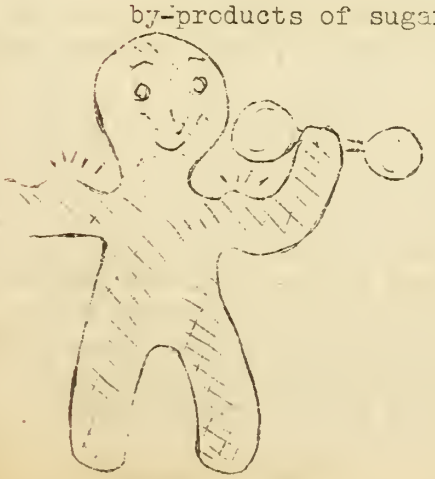
The past five years have been witness to a more than 200 percent increase in the production of frozen vegetables. It appears that this expansion would have been even more spectacular if war-time demands for the fresh vegetables had not been so high and if there had not been restrictions on cold storage and freezer cabinets.

During the war years, the Government procured for its own needs approximately one quarter of the total pack. Now that the war is over, civilians can look forward to an abundant supply of frozen vegetables, especially lima beans, corn, spinach, and peas. The military will still need some of the 1945 pack for hospitals and separation centers, but it won't make much of a dent in the civilian market, because of the large increase in the total supply.

MOLASSES MEMO

Dark brown molasses not only gives sturdiness to the gingerbread man, it helps those folks who get a share of it in their diet. Its sugar content supplies energy, and its flavor supplies variety to the diet. And the dark molasses is also a good and an inexpensive source of iron.

Both dark and light molasses are made from sugar cane...and are by-products of sugar manufacture. The more sugar that is recovered from the cane, the darker the molasses. That is, as more of the sugar is crystallized out, the non-sugar substances...such as, iron and other minerals, coloring and flavoring ingredients...become more concentrated. The light colored molasses has a higher sugar content, and because it has less of non-sugar substances, is milder in flavor.



"Muscle Molasses"

Our edible grades of sugar cane molasses are produced principally in Louisiana and the West Indies. Frequently, molasses and sirups are blended to meet the needs and requirements of homemakers and industrial users.

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Your listeners may not always find molasses in their grocery stores, but when they do it's a good idea to take some food sweetening tips from grandmother. She used dark brown molasses over flapjacks at breakfast. Her baked beans were enriched with molasses. This sugar alternate may also be poured over apples for baking and over winter squash too. Then of course, there's that gingerbread man again.

THE FREEZE IS ON

As a means of preserving, storing and distributing food... freezing is here to stay. And here's the frozen food picture as Extension specialists of the U. S. Department of Agriculture see it.

The three main sources of frozen food will be the commercial packer, the community locker plant, and the home freezing cabinet. Home freezing will not compete with commercial freezing any more than home canning competes with commercial canning. Rather, home freezing and commercial freezing will most likely supplement each other to the improvement of both.

Along with other methods of preserving food at home, freezing will help families get as varied and palatable diets as they can buy. But home frozen foods should not be a luxury. The specialists warn families who plan to buy freezers to guard against cabinets that are inefficient and too expensive.

The home cabinet is convenience itself. But the less expensive models will be fairly small. Many of them will not have chilling facilities for meat....or capacity to freeze more than a few pounds of a product at a time.

Advantage of the freezer locker is that it is equipped for slaughtering and chilling meat as well as for processing fruits and vegetables. Moreover, the freezer locker holds large quantities of food. Disadvantage may be the distance between the locker and the home.

A combination of freezer locker for service and a cabinet for home storage may be the answer for some families, say the Extension specialists.

SAGA OF THE SAUCE

There was a senor....hailed from Rio...visiting a friend in Boston. His host brought out all the good things that New England sings about....turkey, baked beans and brown bread, codfish balls and luscious cranberry sauce. The senor from Rio was so taken with the cranberries that when he returned to his native Brazil, his Boston host bethought to send him a box of choice cranberries

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straight from a Massachusetts marsh. In due time he received a letter from his South American amigo, thanking him profusely.... "They were such lovely berries, so red, so round, so beautiful, but unfortunately they all soured on the way down and I had to throw them away."

Which story reminds us that fresh cranberries are with us again, and the supply outlook is very satisfying indeed. The military will claim about a sixth of the estimated harvest of 644,100 barrels. One barrel equals 100 pounds. That leaves over 54 million pounds of the tart red berries to cushion civilian wants, a goodly increase over last year's supply. The retail price this year is expected to average a little below ceiling.

The old system of an eye for an eye...a pound of sugar for a pound of cranberries....is out of style with the sugar shortage. True, these sour balls require a lot of sweetening, but they're willing to pal up with some corn sirup, maple sirup or honey along with some sugar. However, homemakers who are going to substitute liquid sweetening for part of the sugar should follow special recipes.

It's important to sort the cranberries before using them. A few shriveled and speckled ones can bitter the whole sauce. And you might want to tell your listeners that if the berries they find in their stores are not as large and well-colored as they might like, the flavor and food value are still the same.

KEEP THE HOME FIRES UNDER CONTROL

This is Fire Prevention Week...October 7 to 14...a good time to remind your listeners of the fire hazards that exist in many homes. Here are a few of them, as listed by the U. S. Department of Agriculture's Safety Council:

Soiled, oiled rags and cloths...keep them in metal pails.
Matches...keep them out of childrens' reach.
Cleaning fluids...always use safe fluids, never gasoline or benzine.
Smoldering cigar and cigarette butts...always put them out.
Smoking in bed...don't do it!
Worn & frayed electric cords...replace them.
Defective or dirty flues, chimneys & stovepipes...inspect, clean and repair.
Unprotected fireplaces...always use fire screens.
Hot ashes...always put them in metal ash cans.
Use of gasoline or kerosene to start fires...don't do this either.

It's a very good idea for the man of the house to check on home fire-fighting equipment too. He can be sure the garden hose is kept in a handy place, so it can be attached and used in a hurry if necessary. Every home should have a ladder that will reach the roof, also water buckets and a hand extinguisher. In the farm home, which

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is usually a considerable distance from the fire department, even greater care should be taken. For instance, stores of kerosene or gasoline should not be kept in the house or barn; they should be in underground storage, or in a suitable location away from farm buildings. And every farm-owner should investigate the fire-fighting organization in his area...the volunteer fire company, for instance. If there isn't one, it's a good time to do something about forming one.

And last, but very important...everybody in the family, farm or city, should know how to call the Fire Department.

MEAT COUNTER TALK

The amount of meat available for civilians in October will be somewhat greater than during September.

This increase will be mostly in beef. Homemakers will find plenty of lean beef during October as grass-fed cattle continues to come in from the ranges. As large numbers of grass-fed cattle also go into feed lots, there will be greater quantities of higher grade beef in the winter and next spring.

There'll also be more veal at meat counters this fall than during the last few months. Lamb and mutton supplies are on the increase, too. Actually, production of veal and lamb is less than a year ago, but reductions in governmnet buying will make more of the supply available for civilians. Pork supplies will continue short of demand as a result of a smaller spring pig crop, and the fact that this is the low season for marketing hogs. However, supplies will increase late this month. Farmers indicate that they'll be raising more pigs this fall than a year ago. But this fall pig crop will not be coming to market before next spring.

The meat allocated for civilian use the last three months of this year will allow an average per capita rate for 1945 of almost 148 pounds. This is about the same as the civilian per capita used last year, and 22 pounds more than the average for the pre-war years, 1935-39.

There are two reasons why civilians will be getting more meat the remainder of the year. First, the U. S. military allocation is only half what it was in the fourth quarter of 1944. Secondly, the October-December quarter is normally the season of greatest meat production. The peak of range cattle and lamb marketing comes in the fall, while that of hogs is in December or January. This year, record or near-record numbers of cattle are expected to be marketed.

THE HUNGRY CRICKET

Although the poet failed to mention it...the cricket has other interests than the hearth. Eating for example. The cricket's taste is varied. He eats wool, linen, cotton, rayon, silk and leather with equal gusto. A few crickets can damage lots of clothing... as homemakers in your listening audience may have recently discovered.

This is the time of year that crickets are likely to move into the house. And here are some suggestions from entomologists of the U. S. Department of Agriculture for getting rid of the pests.

Prevention is the best remedy, say the insect experts. Since the crickets enter the house through small openings in the walls or roof....or through imperfectly screened doors and windows...the best way to keep them out is to seal up the cracks and holes...and tighten the screens, windows and doors.

The homemaker may be able to kill the crickets - if there are just a few - with a fly swatter or with a grade AA fly spray. (The spray must strike the insect). Or she may use sodium flouride or sodium fluosilicate. Hand bellows or dusters are useful for getting these insecticides behind the baseboards and in cracks and crevices along the floors. Since both of these materials are poisons, they must be used with caution.

For a heavy infestation, the entomologists recommend a poison bait made by this formula: two and a half pounds of bran; ten teaspoons of sodium flouride or sodium fluosilicate; four-fifths cup of molasses; and a quart of water. When this is scattered throughout the house, in the basement and around the foundation out-of-doors, it will get rid of the crickets. Remind the homemaker that his poison material should be kept out of the reach of children or pets.

OF NOTE IN THE NORTHEAST

FACTS ABOUT PLENTIFUL FOODS

CABBAGE...is a versatile vegetable...it can be fitted into any course at dinner, except dessert. Cabbage soup can start a meal... stuffed cabbage can be a delicious main dish...slaw fills the salad requirement...and panned cabbage makes an interesting vegetable course.

SWEET POTATOES...are rich in Vitamin A. This is needed for normal vision, and helps guard against night blindness. It's a good idea to get some of this valuable vitamin in the diet every day.

FEATURE THESE...

.....and note that cabbage, potatoes and sweet potatoes are on every list of plentiful foods. All three of these fine vegetables are so adaptable in menu plans that we can well be thankful supplies are so good this fall. You'll be able to bring wide variety into your menu suggestions even when you feature these vegetables frequently...and don't overlook the nutritional value of all three when you're talking about them.

These lists are based on latest reports by wire from our market reporters. For daily developments during the current week, phone your local market news office. You'll notethat the Pittsburgh list is again missing, due to the strike situation there.

BOSTON	NEW YORK CITY	PHILADELPHIA
Cabbage	Beans (snap)	Beets
Carrots	Cabbage	Cabbage
Celery	Cauliflower	Celery
Green peppers	Honeydew melons	Green peppers
Potatoes	Lettuce	Potatoes
Sweet potatoes	Onions	Sweet potatoes
Spinach	Potatoes	Spinach
Squash	Sweet potatoes	
Tomatoes	Italian prunes	

WASHINGTON, D.C.	BALTIMORE
Cabbage	Beans (snap)
Onions	Cabbage
Oranges (small)	Carrots
Potatoes	Celery
Sweet potatoes	Honeydew melons
	Potatoes
	Sweet potatoes

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Radio Round-up

A weekly service for Directors of Women's Radio Programs

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U.S. DEPARTMENT OF AGRICULTURE

W-H-A-T-'-S I-N-S-I-D-E

BUTTER RELEASE. . . . . .better news about butter

FINE SHOW OF FEATHERS. . . . . chickens & turkeys back home again

FIN FARE. . . . . more canned fish but still no surplus

CAN OPENER TUNE. . . . civilians get most canned fruits, vegetables

ROOT OF GOODNESS. . . . . fall carrot crop a record

MORE ROOTING. . . . . beets are bountiful too

FOOD FOR GRAND FOLKS. . . . . menu memo for older folks

THE MORE, THE MERRIER. . . . . .more low-cost clothes in prospect

THE LAST MILE. . . . . DDT for our insect enemies

FACTS ABOUT PLENTIFUL FOODS. . . . . .emphasis on cauliflower

FEATURE THESE. . . . . .plentiful-fruits & vegetables in N. E. area

U. S. Department of Agriculture

BUTTER RELEASE

Civilian stocks of butter for the coming months will be increased by 80 million pounds. This bonanza is a release from stocks bought by the armed forces during flush production months last spring.

During the war, the armed forces bought all seasonal food stocks in the heavy production season and were out of the market when supplies were low seasonally. This method of purchase tended to maintain an even distribution of civilian supplies during the war.

From April to August, when the army was buying butter, our military forces had reached their peak strength. The army had to assume that the war would continue until next spring...and purchased 250 million pounds of butter to meet their requirements for this winter. The sudden end of the war with Japan revised the requirements picture. As soon as smaller needs could be estimated, the Quartermaster Corps transferred the surplus butter held in warehouses to the U.S. Department of Agriculture for disposal. Plans are now being made by the Department of Agriculture to return this butter to trade channels during the next few months of seasonally low butter production.

FINE SHOW OF FEATHERS

This fall and winter, homemakers will find chicken and turkey more plentiful than in pre-war days. Turkey production is estimated to be about a fourth more than last year...in other words, the greatest on record. And chicken supplies, despite scarcity in the spring and summer months, are now very plentiful. Most of this poultry is marketed between September and January.

Now that the armed forces have filled most of their requirements for poultry, practically all of the available supply is going to civilians. Because of the record amount of poultry, the U. S. Department of Agriculture points out the need to keep up purchases. While the end of the war with Japan eased marketing, storing and distribution of foodstuffs, there are still problems of transportation and processing. In many instances, poultry processing plants do not have half enough labor. Also, for the next few months these plants will be faced with the double task of handling a record turkey supply... plus heavy seasonal marketings of chicken. Plants will be congested if marketings are delayed until the holidays.

It shouldn't be difficult to work up enthusiasm for immediate turkey purchases. For the past three years a large portion of the total turkey supply was used by the military forces. Such supplies as were available to civilians could only be obtained at high prices and with considerable difficulty. Now that plentiful supplies are available, the black market is out of the picture and civilians can

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buy all the turkey they want at ceiling prices. Thus turkey can return to the menu not only for holiday fare, but for regular use from now until spring.

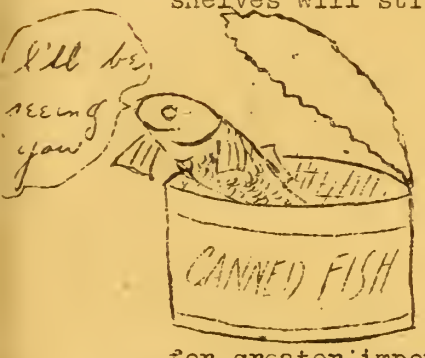
Chicken also need not be dedicated to the Sabbath and set holidays. There are enough ways to prepare chicken to put it on on week-day basis. The industry also plans to sell more eviscerated chicken...that is cleaned and dressed and ready for immediate use.

With poultry plentiful, the angle to stress is that consumers do not need to wait for the holiday season for their turkey and chicken feasts.

FIN FARE

More canned fish will be appearing on your grocers' shelves. . . and it's good news after so many months of: "Sorry, madame, no tuna... So sorry, no sardines...no salmon, no kippers, no herring."

Now that the war is over, there's the promise of more canned fish than estimated earlier this year for U. S. civilians and for relief feeding. But don't jump to optimistic conclusions. Your grocers' shelves will still not be running over with all of the canned fish you might like to buy. There are several reasons. One of them is that salmon have let us down. Fish have good years and bad years. This was supposed to be a good year for salmon, but somehow production was far less than expected.



Still there's no need to be dismayed about the total canned fish picture, Military requirements have been cut back to one third of last year's taking, and the end of the war has opened the way for greater imports. This means that the United States expects to receive 5 million pounds of sardines from Spain and Portugal, 4 million pounds of canned shellfish from Canada and 10 million pounds of sardines for Norway. There will also be some fancy sardines from Venezuela and some tuna from Chile and Peru. So...despite the fact that salmon have not come up to expectations, the prediction is that you won't be disappointed in your quest for canned varieties that have been as rare as a sabre-toothed tiger during the war years.

Now for some figures. U. S. civilians will receive about 400 million pounds of canned fish...about twice the amount promised earlier in the spring. About one third of this civilian supply will be canned salmon, which is twice as much as we got last year.

About 7½ percent of the total production is ear-marked for relief feeding. This foreign shipment allocation includes substantial quantities for relief feeding in Europe by UNRRA, as well as purchases by Allies like Belgium and Holland.

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Also, for the first time since the war's beginning, an allocation is being made for the Philippines and the Marshall Islands. Some canned fish has also been marked for U.S. territories.

One last word about relief feeding. Officials point out that by international agreement, canned fish from Canada, Norway, Portugal and South America is also available for relief feeding and for purchase by paying governments in Europe. While the United States is currently furnishing about 60 percnet of the canned fish being made available to UNRRA from all sources, officials say that supply was the major limiting factor in not meeting in full UNRRA's stated requirements.

CAN OPENER TUNE

Government purchases of canned vegetables, fruits and juices are just about completed. As a result, canners no longer have to set aside certain percentages of their packs for military and other government buyers. All supplies can be distributed to regular markets. The one exception is canned tomatoes...16 percent of this year's pack must still be reserved for Government purchase.

With the end of these set-aside restrictions, the U. S. Department of Agriculture says civilians will have about 250 million cases of canned vegetables and vegetable juices (including baked beans and baby food) during the 1945 marketing period. This compares with 205 million cases last year and about 200 million cases two year ago.

As for canned fruits, civilians will now have available 44 million cases of canned vegetables and vegetable juices (including baked beans and baby food) during the 1945 marketing period. This compares with 205 million cases last year and about 200 million cases two years ago.

As for canned fruits, civilians will now have available 44 million cases of canned fruits and fruit juices (excluding citrus) up to June of next year. We had about 33 million cases for the period June '44 to June '45 and about 43 million cases two years ago.

Military and other government buyers will purchase any additional canned goods required on the open market.

ROOT OF GOODNESS

Carrots are adding their rich color to vegetable displays in generous amounts these days. A record crop of fall carrots is going to market from such important producing states as California, Michigan, New York and Illinois. Western states usually sell their carrots in bunches...with tops on, while mid-western and eastern states generally sell theirs without tops.

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With carrots crowding the grocers' bins, there's no excuse for meals lean in Vitamin A. Carrots are heavy donors of carotene which the body turns into Vitamin A.

Besides their reasonable price and food value, carrots can be recommended for their versatility. Raw, cooked, served alone or teamed with other vegetables...they fit conveniently into meals. Shredded carrots and cabbage provide a simple salad that calls for use of two currently plentiful vegetables. And if you want a quickie method for cooked carrots...pan fry them. That is, slice them thin, then place them in a frying pan over a low fire with a bit of melted fat. Cover and cook until they're tender. And for a change you can fry carrots with onions or apple rings.

MORE ROOTING

Favorable growing weather for beets...particularly in the midwest and New York State...has resulted in large supplies of this root vegetable. While beets are grown in most home gardens, our commercial market supplies at present are coming from New York, Pennsylvania, New Jersey, Wisconsin, Illinois, Michigan, and Oregon.

Beets, like carrots, are marketed both bunched and topped. But for the remainder of the fall months, this vegetable will generally be sold without tops.

As for use suggestions, you might like a quick way to make beet soup...something like Russian borsch. Just chop cooked beets fine and add to meat broth, along with chopped cooked onion, carrot or cabbage. Season the soup with herbs...dried or fresh...and serve very hot.

FOOD FOR GRAND FOLKS

A problem in many homes these days is preparing meals for elderly members of the family that will keep them in good health. For your listeners who ask, "What's the right food for old folks?" here are some suggestions from the Bureau of Human Nutrition and Home Economics.

Older people are likely to need somewhat fewer calories than they required in more active years. It's the rare individual who continues to use the same energy after middle age. The best way to reduce calories is to go light on fats, sweets and starches. At the same time, remind your listeners that some fat is needed in the diet, and that sweets in moderation help make the food palatable.

Vitamin and mineral needs continue about the same. Meals should include fruits, vegetables, milk, and all the other different kinds of foods that every one requires.

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A good habit is to eat more frequent, but smaller meals. A cup of tea or broth in the afternoon, hot milk at bedtime, in addition to three meals, help an elderly person to maintain energy during the day and to sleep better at night.

THE MORE, THE MERRIER

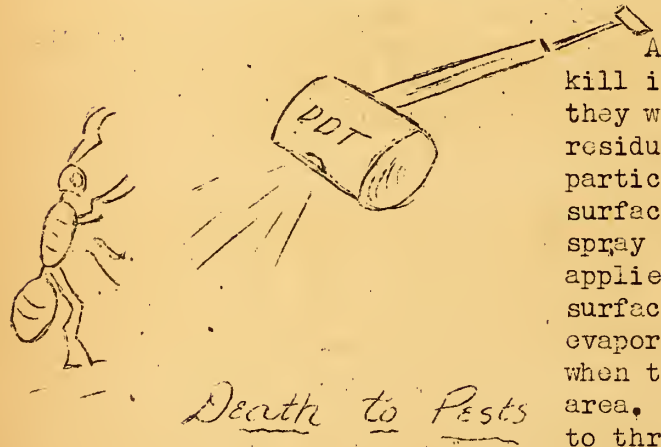
Many a family budget is thrown for a loss these days when Mom goes to buy the children new clothes to greet Dad...home from the wars. She finds that prices have gone up...while Dad's allotment check has not increased one penny. Upshot is...in some cases...that little John and Sister Sue either have to wear their old clothes on this great occasion...or Mom has to contrive new duds from hand-me-downs.

But here's some good news. During the next few months, Mom will have better luck in finding low-priced clothes at the stores. To make sure that a certain supply of this apparel is produced during the first months of reconversion, the WPB has taken action. A new regulation provides for the manufacture of more low-priced clothing produced during October, November and December. As a result of this regulation, 160 million yards of cotton fabric, 115 million yards of rayon fabric, and 40 million yards of woolens go into the manufacture of about 90 low-priced items for all ages.

By the end of October, an OPA regulation will require every manufacturer to attach a price ticket to each of the low-cost garments before it leaves the factory. The ticket will carry the words, "OPA Retail Ceiling Price"..."OPA Retail Ceiling"...or "OPA Ceiling" with the actual price. Not only will more low-priced garments be on the market, but there will be a reduction from the present ceiling price levels.

THE LAST MILE

Have homemakers in your listening audience asked how to use DDT for the best results? Here are some pointers from entomologists of the U. S. Department of Agriculture.



Although DDT sprays may be used to kill insects in direct contact action.... they work better as a residual spray. By residual, the entomologists refer to the particles of the poison that stick to a surface when it has been treated with a spray of DDT. When the spray is properly applied, the particles of DDT remain on the surface after the oil base of the spray has evaporated. Then the insects get the poison when they walk or crawl over the treated area. And the killing power lasts for two to three weeks or as long as six months, depending upon the concentration of the spray and the exposure of the sprayed surface.

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Questions the homemaker may ask are: (1) how strong a solution of DDT do I need? (2) where should I apply the DDT for the best results? (3) how much DDT should I spray on an area?

Here's how the entomologists answer those questions: You'll get best results with a 5-percent solution of DDT....but you can get a fair residual effect from a 2 or 3-percent solution that will last for two or three weeks.

Next - as to the surface to be treated with DDT. Take a cue from the pest you're trying to get rid of. Flies like light surfaces - ceilings and walls. Mosquitoes seek dark corners. Roaches hide behind baseboards and molding. Bedbugs spend the daylight hours as far from light as possible...in bed frames and under the tufting of the mattress. So put the DDT mixture where the treatment will be the most good... on the surface where the insect is likely to walk or crawl over it.

Put enough DDT spray on the area so that it is thoroughly dampened. But don't put the spray on so heavily that it runs off the surface.

OF NOTE IN THE NORTHEAST

FACTS ABOUT PLENTIFUL FOODS

As you've noted from feature stories in this issue of RADIO ROUND-UP, beets and carrots can be added to the list of vegetables in good supply in most markets these days. Large crops of both are produced in the Northeast region. Still another vegetable growing plentifully in this area, particularly in New York State, is cauliflower. Long Island supplies are particularly heavy right now, the quality is excellent...will improve with the cold weather, in fact...and the price should be reasonable. Here are a few facts you may find helpful in featuring cauliflower.

It's a member of the cabbage family, and is a good source of vitamin C, B1, and G. And remember this, although it's white, cauliflower is not a starchy vegetable. When you're shopping for this vegetable, look for a firm, heavy head, white or creamy-white, with fresh green leaves. These leaves, by the way, should not be thrown away, as they contain essential food values. And don't forget that cauliflower can be served raw as well as cooked...the small flowerets are delicious in the relish dish, or sliced and added to a tossed green salad.

FEATURE THESE

.....and keep right on talking about cabbage and potatoes, which are still in heavy supply in all markets. You'll want to look up all the interesting recipes you can find for both these fine foods, in order to make them sound attractive to your listeners. You might remind them occasionally, too, that these plentiful foods are among the blessings we in this country should count when the world food situation is under consideration.

These lists are based on latest reports by wire from our market reporters. For daily developments during the current week, phone your local market news office. Again, we're sorry not to have a list from Pittsburgh, due to the continuing strike situation.

BOSTON	NEW YORK CITY	PHILADELPHIA
Beets	Beets	Beets
Cabbage	Cabbage	Cabbage
Carrots	Cauliflower	Cauliflower
Cauliflower	Eggplant	Oranges (small)
Celery	Honeydew melons	Rutabagas
Grapes	Peppers (red & green)	Potatoes
Peppers	Potatoes	Sweet potatoes
Plums	Sweet potatoes	Spinach
Potatoes	Turnips	Squash
Sweet potatoes		Turnips
Spinach		
Squash		

WASHINGTON, D.C.	BALTIMORE
Cabbage	Cabbage
Greens	Carrots
(Kale	Celery
(Collards	Honeydew melons
(Turnip tops	Potatoes
(Mustard	Sweet potatoes
Oranges	
Potatoes	

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CURRENT SERIAL RECORD
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U.S. DEPARTMENT OF AGRICULTURE

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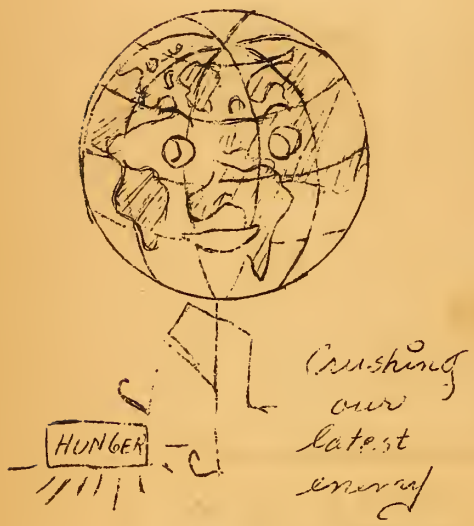
U. S. Department of Agriculture

PARLEY FOR PLENTY

This week, October 16, delegates from some 30 countries met at Quebec to attend the first conference of the Food and Agriculture Organization of the United Nations. From the look of it, this is one conference that will not be shrouded in secrecy...no closed doors...no mumbling in honorable beards of honorable delegates. What they are thinking and saying will be heard around the world.



Earlier in the month, President Truman met with 37 representatives from press, radio, magazines, and motion picture industries, and urged these various media to give the fullest possible publicity to FAO. These representative gathered in Washington at the invitation of Secretary of Agriculture Clinton P. Anderson who assured the group that the FAO Conference in Quebec would be an open meeting in every sense of the word. Representing the women broadcasters of the country at this publicity conference were Dorothy Lewis, Coordinator of Listener Activities for the National Association of Broadcasters, and Alma Kitchell, President of the Association for Women Directors for N.A.B While in Washington, Alma Kitchell featured Mr. F.L. McDougall, FAO delegate from Australia, by remote broadcast October 3, to Station WJZ in New York. Dorothy Lewis handled the panel discussion that was broadcast from Canada October 16----the opening day of the Conference.

As you already know FAO is the organization that is expected to wage war on the Great Dictator that goes under the name "Hunger". FAO believes that if you try spelling FREEDOM with the right blocks, it comes out F-O-O-D. And Food is the weapon that can level Hunger. Only then can we begin to enjoy Freedom from Want. This cannot happen in a day or a year. As President Truman said, if a substantial beginning can be made in the next four or five years.... if the basic objectives are accomplished in a generation...then the goal of the conference will be met.

For background material on the objectives of FAO, refer to your September 22 Radio Round-Up.

SMOKY FLAVOR

Homemakers who want to introduce new flavor in fish dishes will welcome the supplies of smoked fish now coming to market. There is a variety of choice. Lake and fresh water fish that are smoked include herring, whitefish, buffalofish, trout and carp. The salt water specialties include salmon, sablefish, cod, haddock, mackerel and mullet.

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Smoked fis :old smoked, hard smoked and kippered varieties.

Fish which have been cooked and given light smoke (one hour) are called kippered fish. Kippered trout, whitefish, butterfish, sablefish, mackerel and salmon are ready to eat. Just skin and bone them and serve cold. Although kippered fish have been subjected to heat and smoke at the same time, they are perishable and should be treated as any other cooked meat as far as storage is concerned.

Cold smoked fish, principally represented by salmon (lox) is usually smoked from 8 to 9 hours. Salmon and other cold smoked varieties are in good demand because of their flavor and ease in preparation. Lasting quality of cold smoked fish is somewhat greater than that of the kippered variety, but they also should be treated in much the same manner as fresh fish.

Hard smoked fish, main variety being lake herring, are sometimes smoked as long as two weeks. These varieties need special treatment. If they are to be cooked they should be soaked first in cold wate... or in water and vinegar...for a half hour. The home cooking consists of placing the fish in a pan in the oven or on the top of the stove. The fish should be turned several times until thoroughly heated.

All smoked fish are good served with eggs, boiled potatoes, rice and vegetables. And they excel as the filling for sandwiches, hors d'oeuvres and canapes. Cold smoke salmon (lox) is a snack favorite served on crackers or pumpernickel bread with a bit of cream cheese.

LATE ARRIVALS

"Late"spuds are beginning to come on produce markets in volume. Just about every State has homegrown varieties to offer now, but the principal late-potato producing areas are in Maine, New York, Pennsylvania, Michigan, the Red River Valley of North Dakota and Minnesota, Colorado and Idaho.

The late potatoes have heavier skins, lower moisture content and keep better than the intermediate and early potatoes. For these reasons they can be stored for considerably longer periods. Home storage point to remember is that potatoes should be kept at a temperature below 55 degrees if possible, but should never be allowed to freeze.

The total potato crop this year is estimated at about 435 million bushels...the second largest on record. This means plenty of spuds from now on through next spring. The U. S. Department of Agriculture has even been buying potatoes to support farm prices. These purchases have been directed to school lunch programs, institutions, livestock feeding, starch plants and to the manufacture of industrial alcohol. So, with the:

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abundance of good quality potatoes, it should be unnecessary for homemakers to buy inferior ones. There are plenty of top grade potatoes available to grocers and dealers, and homemakers should insist on quality.

HONEY IN THE HORN

Like many other workers on the farm front...the honeybees did a magnificent job this year. Not only did they pollinate many fruit and seed crops...they also produced a record honey crop...226 million pounds. That's 45 million pounds above last year's crop.

Most of the honey has already been sold. It has gone directly from the farmer to the consumer in most cases. Families living in towns and cities near where the honey was produced have bought the bulk of this year's production. City dwellers have been less fortunate. And the supply in city markets may be somewhat smaller than in pre-war days.

Honey - as every consumer knows -- is concentrated sweetening. For use as a table food...as a spread for bread...it's best used full strength, just as it comes from the bee hive. Full strength honey is also best when you use it to sweeten hot foods - cereals and drinks.

But for foods that are not heated - fruits, dry cereals and iced tea - the homemaker may extend the sweetening by thinning the honey with a little water. By using thinned honey, she can get just the right degree of sweetness with a minimum of stirring, and there's no waste.

Remind homemakers that when water is added to honey, the thinned mixture will ferment in a few days, especially is the weather is warm. So it's a good idea to make up a few days' supply of thinned honey at a time, and keep it in the refrigerator.

It's decidely unnecessary and undesirable to keep full-bodied honey in the ice box. Cold honey is as thick as "molasses in January". It's difficult to use as a spread or for sweetening cereals and the like. Full-strength honey will keep for months at ordinary room temperatures, as long as it's kept tightly covered.

CUT-ME-DOWN CANTATA

A cut-me-down may spell the difference between Sister Sue having a nice warm coat this winter or wearing last season's outgrown model. It's a wise mother who can dress her own child in unused garments cut to proper size.

But remind your listeners there's more to making over grown-ups' clothes for youngsters than just cutting them down to child-size. Here are some tips from clothing specialists of the U. S. Department of Agriculture.

Tell mother when she plans a make-over to consult the child who's to wear it. Be sure the make-over "hits the spot". Most times it's just the little things that make the garment acceptable to the child. Use material

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that's light enough [illegible] omfortable. Avoid stripes, plaids and prints that are [illegible] child".

Remember that children like gaiety. So when the main part of an outfit must be a dull fabric...try adding bright trim or accessories. Dress up the little girl's black or gray coat with a red collar or a plaid ascot tie. And complete the picture with a red cap or mittens. Add festive embroidery or pretty buttons to a dark dress. Dye rayons or woolens that are too pale to be practical for a child. Color and brightness in a child's clothes have a safety value. They may give the first "slow" signal to a motorist - or in rural sections...a warning to the hunter.

ALONG SPICE ROW

With the Japs out of where they shouldn't be, we can again look foward to the Big Three spices to add the essence of the East to our home-spun American cooking. This means that pepper, cinnamon and nutmeg will soon be coming from such far-away and romantic spots on the globe as the Netherlands East Indies, Singapore, China and Saigon (French Indo China).

But if you're looking for immediate relief and respite on the spice front...that is, if you think that the formerly Jap-infested spice areas will open up and give immediately with precious cargoes...you're too early with your optimism. U. S. Department of Agriculture controls on the Big Three must continue in order to assue fair distribution until supplies are plentiful.

The allocation of cinnamon, nutmeg and mace supplies for the year beginning October 1, 1945, will be made available by the Combined Food Board next month. The amounts available are not yet known, but it is believed that quantities will be slightly above last year.

Unfortunately, pepper will remain short. The United States cannot take advantage of the pepper supply in India because the price is way above our ceiling. At the moment, we do not know when pepper supplies will again be available from Sumatra.

The supply situation of ginger, allspice and cloves is normal and not subject to government controls. Reason for this is that allspice comes from the nearby West Indies. Cloves have been coming from Zanzibar and Madagascar...and ginger has been arriving on schedule from India, Africa and Jamaica.

Sage, the leaf of a low-growing herb, is grown in this country. Some believe that this hardy garden plant with the grayish-green leaves has the property of strengthening the memory. Others are content to use it soley for flavoring fatty foods such as sausage, pork, duck, goose, cheeses, stuffings for meat, and in salads. With the exception of a little bit grown in California, the sage that we raise in this country and that grown in Cyprus and Spain is not the true sage that comes from Yugoslavia, but it's a reasonable facsimile thereof.

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However, spices will be back again. It's just a matter of time. They have endured a long, adventurous career and have come through with flying flavors...and will come through again, as soon as normal production and traffic are resumed.

BOMBS AWAY

During the war...you heard of a new weapon against insects. It was the so-called "aerosol bomb". The term "bomb" really refers to the container. It looks like a bomb but it does not explode. It holds an insecticide that has been dissolved in a liquefied gas under pressure. When you open the valve, the sudden change in pressure allows the insecticide to disperse into the air in a fog or fine mist. The small particles of insecticide are forced into the air in all parts of the room. Insects coming in contact with these particles are killed.

The armed forces used aerosol containing 3 percent DDT and a suitable amount of purified pyrethrum extract. This was especially effective against flies and mosquitoes.

Now that aerosols - most of them made by this same formula - are on the market....your listeners will be interested in these recommendations for using the insecticide. They come from entomologists of the U. S. Department of Agriculture.

Aerosols are most valuable for killing household insects...flies, sandflies...mosquitoes and moths.... when they are in the flying stage. All you need to do is close the windows and doors...open the valve of the aerosol "bomb"...fill the room with a fine fog of the insecticide...leave the room closed for several minutes....and the flying insects will be "bombed away".

The entomologists point out that aerosols are effective against flying insects. They are not so effective against crawling insects such as cockroaches...bedbugs...brown dog ticks. Aerosols do not act as fumigants and penetrate all the places where such pests hide. Nor will aerosol treatment get rid of the egg or larval stages of clothes moths...carpet beetles and meal moths. Other methods of control are more effective and more economical for these purposes.

Precautions? Even when used in large enough quantities to kill free-flying insects, aerosols are not poisonous or especially objectionable to man or most pet animals. However it's a good idea to take the canaries and gold fish out of the room that's to be treated with an aerosol.

DUCKING THE APPLES

Apples, a traditional Halloween speciality, will be scarce this year. Production for the country as a whole is only slightly more than half the average. While Washington, Oregon and California production is 98 percent of average, in the east it's only 31 percent. With supplies about normal in the northwest, the army and other government agencies are obtaining most of their requirements in this area. There's a U. S. Department of Agriculture set-aside order which requires handlers in Oregon and Washington to reserve a fourth of their Winesap, Delicious and Newtown varieties for government purchase.

When you realize that more than half of our apples must come from the west this year and that the government is taking a good share of them, you can see that apples will be scarce in the nation's markets this fall and winter.

OF NOTE IN THE NORTHEAST

NOVEMBER PLENTIFULS

In making plans for November broadcasts on food, the following list should be helpful to you. These foods are expected to be plentiful throughout the month in the Northeastern region. Any changes in or additions to the November fruit and vegetable list will be noted from week to week in the section "FEATURE THESE", covering the supplies in the principal cities of the Northeastern region.

FRESH VEGETABLES

Beets
Cabbage
Cauliflower
Carrots
Spinach
Sweet Potatoes
White Potatoes
Other products in local abundance

OTHER FOODS

Dry peas
Soya flour, grits and flakes
Wheat flour
Breakfast cereals

Since this list covers the entire Northeastern area, there will naturally be some variations in the different local markets.

FEATURE THESE....

...and note that our good old standbys, cabbage and potatoes are still on every list. Carrots and spinach are plentiful in most markets too, and so is cauliflower. That's an attractive and delicious vegetable plate right there, by the way, and there's a great variety of ways in which to incorporate all of these fine vegetables in your menu suggestions. You'll note that fruits are conspicuous by their absence on this week's lists. This means they're not plentiful, but you will find a number of fruit items in moderate supply in most markets. For this information you'll want to check with your local market news offices during the week, no doubt.

The following lists are based on latest reports by wire from our market reporters. We're sorry to have to skip Pittsburgh again this week, but because of the continuing strike in the produce yards, no report is available.

BOSTON	NEW YORK CITY	PHILADELPHIA
Beets	Beans (snap)	Beets
Cabbage	Cabbage	Cabbage
Carrots	Carrots	Carrots
Cauliflower	Cauliflower	Cauliflower
Celery	Potatoes	Potatoes
Potatoes	Sweet potatoes	Sweet potatoes
Sweet potatoes	Spinach	Spinach
Spinach		

WASHINGTON, D.C.	BALTIMORE
Cabbage	Cabbage
Greens	Carrots
(Collards	Celery
(Kale	Honey dew melons
(Spinach	Onions
(Turnip tops	Potatoes
Oranges (small)	Sweet potatoes
Potatoes	

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Radio Round-up

A weekly service for Directors of
Women's Radio Programs

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October 26, 1945

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APR 11 1946
U. S. DEPARTMENT OF AGRICULTURE

WHAT'S INSIDE

GOING UP.....butter subsidy off, ceiling goes up

FAT FOLLOW UP.....short supply continues into 1946

PACKAGE PRESAGE.....fashion forecast for food packages

GROUNDS VS GRIPES.....no need for hoarding coffee

PARLEY ON WHEELS.....news notes from FAO conference

COTTON CALENDAR.....more cotton coming soon

PATTERN FOR SOLVING A PROBLEM.....GI readjustment to farm

GOBS OF GOOBERS .....peanuts are plentiful and popular

SPEAKING OF CABBAGE.....and let's keep on talking about it

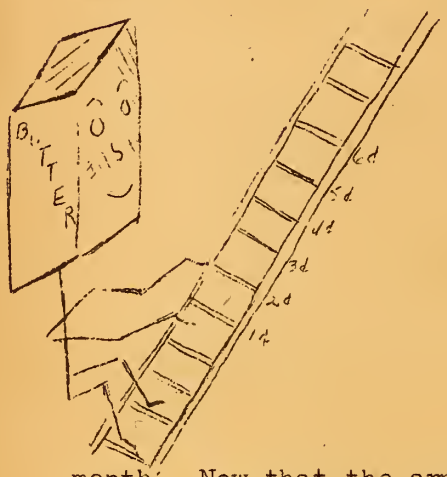
FEATURE THESE.....plentiful fruits & vegetables in N. E. area

U. S. Department of Agriculture

GOING UP

The price ceiling on butter will go up five to six cents, November 8. Reason for this is that creameries will no longer receive a subsidy of five cents for each pound from the Reconstruction Finance Corporation.

This subsidy was paid to creameries in accord with the Administration's policy to hold down the cost of consumer items during the war. Recent drop in the prices of certain food items will offset the increase in butter values. And with the termination of the war, it appears desirable to get the butter industry back on a peacetime basis as rapidly as possible.



If you wonder how a subsidy of five cents can raise the price ceiling five to six cents, here's the answer. Price ceilings at wholesale and retail levels are calculated by the OPA at a certain percentage above cost of purchase. Since the purchase cost varies with the size or volume of a purchase, the percentage mark-up likewise varies. A dealer handling only a small volume of butter would be the one whose price increase would be the full six cents.

As for supply...civilians will have more butter for October, November and December than they had during any month in the year prior to the war's end. For the year ending August 31, we were able to buy about 85 million pounds a month. Now that the armed forces do not plan to take any more butter until spring, civilians are getting all that is produced at present... together with all commercial stocks of stored butter. Production is now at the seasonal low...about 90 million pounds a month.

We also have a little extra butter to add to commercial stocks now. Eighty million pounds of butter, declared surplus by the U.S. Army Quartermaster Corps, are being distributed to our markets over the next few months. The War Shipping Administration has recently turned over about seven million pounds, and the U. S. Department of Agriculture has about 13 million pounds...originally purchased for lend-lease...to release to civilians. So, all in all, we'll have about 135 million pounds per month for the next few months. If you wonder how this compares with pre-war figures before the war, we consumed about 150 million pounds of butter a month.

FAT FOLLOW-UP

We'll be seeing a little more lard, margarine, shortening and other edible oils in grocery stores the rest of the year, but not as much as we found the last quarter of 1944. The moderate increase over the summer months is due to three things. Military requirements are less. Our export shipments are smaller. And supplies are increasing seasonally... that is, a major percentage of our vegetable oil crop is harvested and

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the spring crop of hogs is now moving to market.

The principal reason that we won't have as much fats and oils as last year is that hog slaughter is lower...about a billion pounds less than in 1944.

We won't be importing any appreciable amount of fats and oils for some time. As the world supply of these commodities is far short of demand, the United States, Canada, and Great Britain made an agreement earlier in the year to see that essential supplies went to liberated areas. Because of this agreement then, supplies from sources other than the United States and Canada are being made available, largely to importing countries and to liberated areas. Argentina, Ceylon, and the Belgian Congo, Australia and New Zealand are other export sources of fats and oils, right now.

The fats and oils situation is expected to remain tight in the months immediately ahead. Some relief is probable after the turn of the year, when lard from an increased 1945 fall production of hogs shows up, and when supplies from the Pacific increase.

PACKAGE PRESAGE

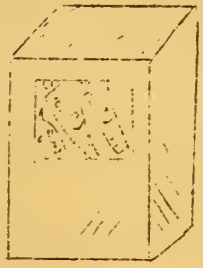
New types of food containers...developed and used during the war... are already coming to the corner grocery store. Economists of the U. S. Department of Agriculture say more food products will be put up in packages for the "market of tomorrow". They forecast:

(1) More fresh vegetables in cardboard boxes with transparent plastic windows.

(2) Fiberboard crates and baskets and folding paperboard boxes for use in shipping fruits and vegetables by air.

(3) Packaging of fresh meat in cardboard boats wrapped in transparent film.

(4) Plastic film used more extensively for the packaging of frozen and dehydrated foods.



When fresh fruits and vegetables are packed in containers such as cardboardbox with transparent plastic windows at the farm...they're protected from cuts and bruises during shipment and storage. The day may come...say the economists...when the farmer will stamp the container with his name, address and the date the food was packed.

The new container will offer high quality protection. Freshness will be assured whether the food comes directly from the farm or by way of the factory for processing. And the new containers will also be attractive. However, homemakers will favor the product that is not over-packaged. The economists believe the homemakers will not want to pay for trimmings unless they add something to the quality of the food.

GROUNDS vs GRIPES

Again the whispers start. Again about coffee. But keep your aprons on, homemakers, and don't make a 50-yard dash to your nearest grocer. Runs on banks are not good for banks. And runs on your grocer's coffee stocks start scare stories...and the hoarders score a home run. That's when coffee really begins to disappear.

Here's the story. Coffee importers in this country are, it is true, experiencing a little difficulty in procuring all of their needed supplies. Reason: the producing countries, principally South America and Central America, are asking a price that exceeds the ceiling established by the Office of Price Administration. Consequently, there is a great deal of agitation afoot on the part of the producing countries to have ceilings raised or removed. So far, no luck.

The reassuring thing is that our supplies of coffee are approximately normal. True, we are not getting the quality we are accustomed to. That's because other countries....European nations which are not held down by price ceiling... are competing with us in the primary markets and getting the top grades.

September purchases by United States importers amounted to 958 thousand bags (132 pounds to bag). September of last year, these importers purchased 700 thousand bags.

The thing to repeat is that our supplies are almost normal.

PARLEY ON WHEELS

Just to keep you posted on what's happening at the FAO conference in Quebec, here are some day to day flashes.

The Food and Agriculture Organization officially came into being on the afternoon of October 16 when delegates of thirty nations signed the constitution on the stage of the Chateau Frontenac Ballroom in front of a backdrop of the flags of the United Nations.

At the afternoon session of the second day, Secretary Anderson read President Truman's message. The President asked the new organization to set an example of world cooperation in attacking the problem of freeing millions from hunger. He said that FAO offered the United Nations a chance to "begin to cultivate, if not yet to gather, the fruits of victory" over their Axis enemies.

Dr. T. W. Tsou, speaking for China, said that his country is eager to support FAO. He added that while China has much to contribute to other countries, she has much to learn from those who are more advanced in scientific agriculture than she. I hope, he added, that we can lay down a concrete plan of work, and trust it to the Director-General and his staff.

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On the third day, Noel Baker, member of the British Parliament, told delegates and alternates that there was no conflict between consumers and producers. "We have to rid ourselves", he said, "of the idea that nutrition interests are on one side and agricultural interests are on the other. In the final analysis the interests of consumers and producers are identical."

Sir Girja Shanker Bojpai of India told the conference that "the saying that Gold helps those who help themselves is especially applicable in India's case." He added that India, realizing that FAO cannot do it all, proposes to solve her own problems of hunger. The problem, he explained, will be increasing farm output and expanding Indian industry. He pointed out that India cannot be written off as a backward nation. She is not entering FAO as a mendicant; nor does she expect miracles. In conclusion he made a strong plea that FAO keep in touch with populations of the nations it serves through such means as establishment of regional offices. The personnel of FAO, he added, must be thoroughly international.

S. L. Mansholt, the Netherland Minister of Agriculture, Fisheries and Food told a news conference that at the moment "nutrition is fairly good" in his country. "The only things we need are the little things that make like cheerful", he said, "Like jam, cheese, sausage on our bread, and cigarettes."

The conference faced its second week equipped with two commissions: Commission A. on policy and programs, and Commission B on organization and administration. Committees of both commissions started their meetings with nearly all of their efforts directed toward internal organization.

COTTON CALENDAR

Towels, sheets, pillow cases and yard goods are all pinned up on the supply line of cotton goods coming to the market between now and the first of the year. That's the word for WPB. Textile mills of the United States expect to turn out more than two billion yards of cotton fabrics the last quarter of this year. More than half will go into garments and household fabrics. This is slightly more cotton goods than was manufactured for the same purposes during an average three-month period in the five years just before 1939.

Smart " reconversion" buying...you can advise your listeners...calls for patience and restraint. Patience is waiting for assortment of styles and sizes. Restraint in buying no more than is immediately needed of any scarce essential fabric that is also important to others.

PATTERN FOR SOLVING A PROBLEM

Helping the service men and women slip smoothly back into family and community life is a problem that many of your listeners face. Here's some common sense advice they'll find helpful. It comes from family life specialists of the Agricultural Extension Service.

"Organized thinking will help you work it out yourself", say the specialists when talking with farm families who have suffered from the

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disruptive effect of the war. The Extension specialists recommend this pattern for solving the problem.

(1) Face the problem honestly and completely.

(2) Look for the causes.

(3) Set your goals.

(4) Use your imagination.

(5) Consider what to do.

(6) Plan how to do it.

(7) Check your plan with your goals.

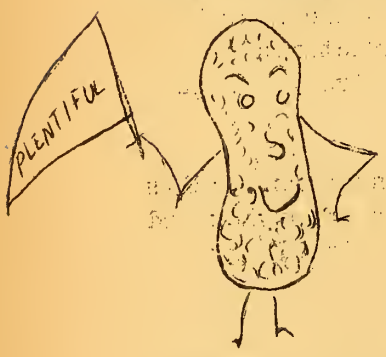
(8) Plan for the follow up.

Give the plan time to work, the specialists advise. "Problems involving the relationships of people are never solved by waving a wand. Frequently the solution lies in providing a series of experiences that will change attitudes and feelings. It may require patience."

GOBS OF GOOBERS

The pantries of homemakers have something in common with the tombs of ancient Peruvian kings. Peanuts can usually be found in both.

Peanuts were first used as food by the South American natives. The Spanish Conquistadores carried them back to the old world...along with the gold and silver that caught their fancy. The peanuts found a soil to their liking in Northern and Central Africa. When the Africans were brought to North America as slaves they brought the peanut back with them. And this, in a shell; is the peregrination of the peanut.



But to come to the Twentieth century...1945 promises the largest peanut crop in history. Increased yields indicate a harvest that amounts to about 2 billion, 260 million pounds....picked and threshed as of October 1. This is around 7 percent over last year's record.

The Cuban word for peanut is "mani"....made popular by the peanut vendor song. If you will pardon a pun and a bit of redundancy, we can honestly say that 1945 promises "mani" a peanut. Which is not at all objectionable. For everybody....or nearly everybody... likes peanuts.

Peanuts contribute protein and fat to our diet. And their No. 1 food form is peanut butter.

OF NOTE IN THE NORTHEAST

SPEAKING OF CABBAGE.....

....and that's what we've been doing all through the fall...we hope you'll keep up the good work as long as there are such plentiful supplies of this vegetable in the markets. In the Northeastern area, New York, New Jersey and Pennsylvania are heavy producers of cabbage, and there's expected to be considerably more this year than last. For the country as a whole, the total late summer and early fall domestic cabbage crop is expected to be approximately 575,000 tons. That's 60% more than we produced in 1944, and not a pound of it should be wasted.

The quality of this cabbage is excellent, the price is low, and the nutritional value is high, so on every count it's a good buy for homemakers. Cabbage can appear in so many different guises that it's a blessing to the woman who has to plan three meals a day for a hungry family. Here are a few suggestions from USDA's Bureau of Human Nutrition and Home Economics which you may like to pass on to your listeners:

Since cabbage has the same high rating as citrus fruits and tomatoes when it come to Vitamin C be sure not to destroy this vitamin by the way you treat your cabbage when you get it home from the market. Air, water and heat rob it of Vitamin C, so don't cut it and expose it to the air more than is necessary, and don't cook it too long. 5 to 10 minutes of boiling does the trick for shredded cabbage, and 10 to 15 minutes for quartered cabbage.

For a different flavor, serve cabbage with cheese sauce. just add a cup of cheese (1/4 pound), shaved thin, to a cup of white sauce, stirring it until the cheese is melted. Pour this over cooked cabbage quarters and serve it with a flourish for either luncheon or dinner.

And for something cool and crisp to serve as a salad course, try cabbage in one of these styles:

Cabbage and Carrot Salad: Use equal parts of shredded cabbage and chopped or grated raw carrots. Mix with salad dressing until well blended. Add ground peanuts, if desired. Serve on lettuce.

Cabbage and Onion Salad: Shred cabbage and cut onions into thin rings. Season with salt, celery salt, pepper and paprika. Mix with salad dressing and serve on a cabbage leaf.

You'll be accomplishing a double-barrelled purpose when you feature cabbage frequently. You'll be helping to move an important crop by stimulating interest in its use, and you'll be doing your women listeners a favor by helping them in their menu planning.

FEATURE THESE

...and note that potatoes and cabbage are still the headliners. (See preceding story for more about cabbage.) If your listeners want to take a tip from Strong Man Popeye, it would be a good idea to take advantage of the abundant supply of spinach in most markets. There's plenty of good health and good eating in this tasty green vegetable... plenty of ways to serve it, too.

The following lists are based on latest reports by wire from our market reporters. For day by day developments, telephone your local market news office.

BOSTON	NEW YORK CITY
Beets	Brussels Sprouts
Cabbage	Cabbage
Cauliflower	Cauliflower
Celery	Lettuce (Eastern)
Potatoes	Potatoes
Spinach	
Squash (winter)	

WASHINGTON, D.C.	PHILADELPHIA
Cabbage	Beets (topped)
Greens	Cabbage
(Kale	Carrots (topped)
(Collards	Potatoes
(Mustard	Rutabagas
(Turnip Tops	Squash
(Spinach	Turnips
Oranges (small)	
Potatoes	
Sweet Potatoes	

NOTE: Pittsburgh report still missing due to continued strike situation.

Radio Round-up

A weekly service for Directors of Women's Radio Programs

150 Broadway
New York 7, N.Y.
November 2, 1945

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U.S. DEPARTMENT OF AGRICULTURE

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PECANS ON TOUR.....preparing pecans for their public

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4-H ACHIEVEMENT.....4-H Clubbers review year's work

LITTLE RED SCHOOL HOUSE.....post-war plan for rural schools

FACTS ABOUT PLENTIFUL FOODS.....brief program notes

FEATURE THESE.....plentiful fruits & vegetables in N. E. area

U. S. Department of Agriculture

CREAM CRAMMING

Light cream, coffee cream, table cream, whipping cream ... if the descriptive names confuse you, here are some facts to help you select a cream for your family's various needs.

First of all, cream is the sweet fatty liquid or semi-liquid separated from cows' milk. It may have sweet whole milk or sweet skim milk added to it. But to be labeled as cream, the Food and Drug Administration says it must contain at least 18 percent butterfat. That's the national minimum, but California, the District of Columbia, Minnesota, and Montana have a 20 percent butterfat minimum, and Nevada a 22 percent minimum. Light cream, coffee cream and table cream conform to this standard.

During the war when we needed to divert more butterfat to the manufacture of cheese, butter and dried whole milk, it was a fairly general rule across the country for dairies to keep to minimum butterfat standards. Now all restrictions on the sale of cream and milk are ended. So some dairies are again selling a richer cream.

As for whipping cream, there are two varieties ... light and heavy. "Light" whipping cream, under definition of the Food and Drug Administration, must contain not less that 30 percent butterfat...or as high as 36 percent butterfat. "Heavy" or "double" whipping cream must contain at least 36 percent butterfat ... some dairies use up to 45 percent in an extra heavy product. But you probably won't see labels marked "light" whipping cream. Most dairies just label the bottle cap "whipping cream" and the product is within the 30 to 36 percent butterfat range.

Maybe you've noticed the word, "homogenized" on the cream bottle cap. This means the cream went through a machine which broke down or reduced the size of fat globules. Homogenized cream has more body ... it's thicker and flows more slowly. After homogenization, the fat in the cream separates less readily and a cream line does not form. Homogenized cream looks richer and goes further in coloring coffee...it's been estimated that it takes a fifth less homogenized cream to color the coffee the shade you prefer. One tip though ... homogenized cream does not whip...even though its butterfat content puts it in the whipping cream bracket. For this reason, whipping cream is never homogenized.

PECANS ON TOUR

The pecan crop this year will approximate 140 million pounds. Which is just about one pound for every person in the United States. The harvest is in full swing, and by Thanksgiving supplies will be well distributed across the country.

About 40 to 45 percent of this pecan crop will be of the "improved" varieties grown largely in the Southern states east of the Mississippi River. The chief differences between the "improved" and wild or seedling pecans are size of nut, thickness of shell, and cracking qualities.

(Continued---→)

Nuts of the "improved" variety are produced on grafted or budded trees. For the most part these varieties originated as chance seedling trees with superior quality nuts. And for this reason were extensively propogated.

Pecans are Plentiful

The "seedling" pecans which grow mostly west of the Mississippi ... principally in Texas and Oklahoma are widely used commercially. These smaller nuts are shelled and the kernels are distributed to confectioners, bakers, salters and ice cream manufacturers.

Pecans intended for sale in the shell go on quite a tour before they reach the consumer. When they come from a Southern farm into a grading and packing plant they are of all sizes, grades ... and are ill-groomed to say the least. But the routine of sprucing them up for public appearance is an interesting one. First, the pecans are poured into a rotating cylinder. There are perforations in this cylinder through which dirt and pieces of hulls fall. Then the nuts pass under a suction machine which takes out lightweight nuts and any remaining hulls. Workers pick out by hand the cracked and badly stained nuts. The next mechanical process divides nuts into classified sizes ... extra large, large, and medium. After they are sized, the nuts are cleaned, polished, and are ready for the most critical eye.

KERNEL KOMPUTATION

Buying unshelled nuts need not be a guessing game, say home economists of the U. S. Department of Agriculture. They suggest this yardstick. One pound of unshelled almonds yields about one cup of shelled kernels; one pound of filberts about one and one-third cups; one pound of peanuts about two cups; one pound of pecans almost one and one-half cups; one pound of English walnuts a little more than one and one-half cups halved kernels; and one pound of black walnuts about one-half cup broken kernels.

FAO IN GEAR

Sire John Boyd Orr has been unanimously chosen first Director General of FAO. Sir John was described by Howard R. Tolley, United States Alternate Member, acting in the absence of Secretary Anderson, as an eminent scientist, a distinguished scholar, an experienced legislator and a successful farmer. Which seems to embody all of the requisites for a good Director General. The salary was set at $18,000 plus $10,000 representation allowance.

Sire John Orr was born in 1880 in Ayrshire, Scotland, and holds Glasgow University degrees in arts, sciences and in medicine. He founded the Rowett Institute for research in animal nutrition at Aberdeen, Scotland, and has been it director until his election in Parliment this year as representative of the Scottish Universities.

(Continued--->)

In his first press conference as FAO Director General, Sir John said that FAO is the world's answer to the atomic bomb. If the nations can agree on food, they can agree on other matters. Making it clear that he was talking as an individual, since he had not had time to consult his Executive Committee, he said that a sort of world-wide ever normal granary for wheat might well be an FAO recommendation. Such a granary would assure producers a minimum price, and would also assure equitable distribution of surpluses to people who needed wheat. He believed that the first FAO regional offices and experimental stations should be in Asia, since the greatest hunger and the greatest need for improving agricultural techniques are there. He stressed the importance of press, radio and other media for making everyone acquainted with the work and aims of FAO.

WEIGHING IN

From now on and for the next few months, you'll be seeing more pork chops, ham and bacon at the meat counter. The spring pig crop is now being sold. While this crop is smaller than usual, there are no set-aside orders on pork at present; so most of the available supply is for civilians. Of course, the Army is buying some pork, but is making its purchases on the open market ... without benefit of set-aside orders.

Lamb will remain in about the same supply as recently. And beef and veal will continue as leaders at the meat counter ... being at or near record levels.

Total per capita meat supplies for civilians the last quarter of 1945 are expected to average at least a third higher than in the July to September period.

SOMETHING FOR SANTA

A tip for the teen-ager. Tell her she can get some bang-up ideas for Christmas presents from the bulletin "Knitwear Make-Overs". (A copy came to you with RADIO ROUND-UP October 1)

The bulletin describes gay togs for youngsters made by clothing specialist of the U. S. Department of Agriculture from discarded knitwear. For example, an old wool bathing suit provided the material for a becoming Dutch bonnet and mitten set. White wool single crocheting was used to join the front and back of the cap together and to finish the front edges of the mittens. White felt heads on the hatpins and white felt applique added gay notes to the set.

Lounging socks or shufflers were contrived from worn novelty socks. The soles for these were made from an old felt hat. Sturdy mittens for the children were made from men's cotton work socks ... no longer usable by the man of the house.

The bulletin also gives some advice on cleaning, drying and mending the knitwear and for cutting and seaming knit goods. Your listeners may get a copy by writing the U. S. Department of Agriculture, Washington 25, D.C. The title is "Knitwear Make-Overs".

4-H ACHIEVEMENT

November 3 to 11 is 4-H Club Achievement Week. If you want to schedule a show featuring 4-H Club girls we've done outstanding work in gardening, canning, sewing, room improvement, or child care, get in touch with your county home demonstration agent. She will help you contact the 4-H girls.

4-H Clubs are a part of the educational program of the Agricultural Extension Service. They are sponsored jointly by the U. S. Department of Agriculture, the State land-grant colleges, county governments and rural people. Farm boys and girls learn while doing worth-while work in farming and homemaking under the direction of a competent leader, usually a farmer or homemaker.

Enrollment in 4-H Clubs in the United States this year is around a million, seven hundred thousand. Almost all club members are between 10 and 21 years old.

The term "4-H signifies wholesome development of head, heart, hands and health, essential to success in club work and in life. The slogan of 4-H Clubs is "To make the best better". The insignia is a four-leaf clover with an "H" on each leaflet.

LITTLE RED SCHOOL HOUSE

The school most farm families have ordered for this post-war world will be a real community center.

When something gets wrong with the plow, dad can take it down to the school machine repair shop. And there, sons John and Jim will help him fix it as they learn by actual practice how to repair and care for farm machinery.

Mom and Aunt Alice will use the school's well-equipped canning plant to put up fresh garden stuff for the family's use at home and for the school lunch pantry. The children will continue to get their hot lunches at school.

Grandma can get a new novel and dad can borrow a good biography from the school library because it will be stocked to serve the older members of the family as well as the school children.

At night and on week-ends, farm neighbors will gather at the school for basketball games and singing and literary society and movies.

And that's on the community side of the school program.

From the viewpoint of the students, the school will be geared to meet their varied needs too. There will be agriculture and home economics for students, who want practical training that will be useful to them in their life on the farm. There will be good basic courses in

(Continued----)

science and literature for those who plan to go on to college and professional schools. There will be courses in art, music, drama and physical education for all of the boys and girls. And there will be health care.

Very likely, the school will be consolidated. Farm families in one district could not otherwise afford all of these advantages. However, Dad and Mom will still have a lot to say about how the school is run. They will continue to vote in the school elections, support the teachers, and voice their attitudes towards changes and improvements. The rural school will still belong to the people.

That's how the farmers themselves view the rural school picture, say economists of the U. S. Department of Agriculture. These are the trends indicated in a survey of representative farmers in 32 counties scattered throughout the United States. The survey shows that:

Four out of five farmers want school repair shops and a continuation of the hot lunch program. Four-fifths of the farmers believe that school buildings should be used for community activities after hours. Two-thirds of the farmers said they would like a school library expanded to serve the adults in the school district. More than half the farmers interviewed said schools should operate canneries after the war for the convenience of farm families.

OF NOTE IN THE NORTHEAST

FACTS ABOUT PLENTIFUL FOODS

SPINACH...Now that spinach is plentiful in many markets, don't forget that this vegetable can be served raw as well as cooked. The tender green leaves can be used as the base of a salad, or mixed with other greens in the popular tossed green salad. And when you do cook spinach, use as little water as possible, in order to keep the vitamins and minerals from floating away.

TURNIPS...Turnips probably originated in Southern Europe and Western Asia, but have been cultivated from the most remote times...both as a food and a medicine. It was thought long ago that broth made from turnips was good for gout, and also that turnips made an excellent scouring soap for beautifying the face and hands. Now we know that turnips are important because they're a good source of calcium; also they add some vitamins B_1 and C. The yellow variety also supplies vitamin A. In order to get much vitamin C, turnips should be eaten raw, and turnip sticks or slivers really are delicious in the relish dish or salad bowl.

FEATURE THESE

It's almost unnecessary to call your attention to potatoes and cabbage...the supplies are still plentiful...just keep on talking about them. Spinach and turnips are coming into the markets more liberally these days, and we hope you'll fit them into your menu-planning broadcasts too. Oranges and grapefruit are not on the plentiful list yet, in most cities, but supplies are increasing, and you can begin to feature them from time to time.

These lists are based on latest reports by wire from our market reporters. For daily developments during the current week, phone your local market news office. The Pittsburgh list is still missing, but the reporter advises us there probably will be one next week.

BOSTON	NEW YORK CITY	PHILADELPHIA
Beets	Beets	Cabbage
Cabbage	Brussel Sprouts	Cauliflower
Carrots	Cabbage	Potatoes
Cauliflower	Carrots (topped)	Rutabagas
Celery	Cauliflower	Spinach and other greens
Potatoes	Potatoes	Turnips
Spinach	Spinach	
Squash (winter)		

WASHINGTON, D.C.	BALTIMORE
Grapefruit	Cabbage
Oranges	Potatoes
Potatoes	Sweet potatoes
Sweet potatoes	Turnips

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WHAT'S INSIDE

PORK PLANNING.....explanation of 1946 spring pig goal

POTATO POPULARITY CONTEST.....potatoes enter politics

YOUR SHARE OF SAUERKRAUT.....cabbage to sauerkraut to you

KEEP 'EM MOVING.....use canned foods chronologically

CARROT SITUATION.....you can count on carrots

FLOWER FOR A '46 CENTERPIECE.....'mums are easy to raise

BACKGROUND ON BEETS.....bumper crop of beets this fall

BUDGET BUSTERS.....keeping the budget under control

EDIBLE ESTIMATE.....tips on turkey-shopping

FLASH OF COLOR.....notes on the cranberry crop

"CABBAGE COMES TO LUNCH AND DINNER".....menu suggestions

FEATURE THESE.....plentiful fruits & vegetables in N. E. area

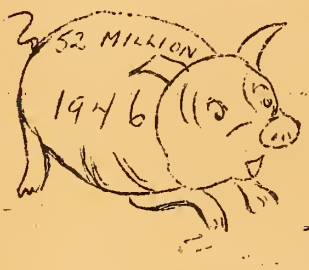
U. S. Department of Agriculture

PORK PLANNING

When you go to your butcher for pork chops or bacon, you're interested only in whether or not he can fill your present order. You're certainly not wondering if he'll have pork in November 1946 or the spring of 1947. You more or less take that for granted.

One special reason you can have this feeling of hopefulness is that farmers and the U. S. Department of Agriculture are already planning next year's hog production. Maybe you have read that the Department of Agriculture asked for a 1946 spring hog goal of 52 million head.

How that number was arrived at makes an interesting story. The 52 million pigs which will be raised in 1946 will be about as many as were raised this year ... but will be nearly four million more than the ten-year average (1934-43). But you might say ... we didn't have enough pork these past months. That was because such large quantities of pork were required for the men in the armed services and our Allies. When these 1946 pigs start coming to market a year from now, much less pork and lard will be needed by the armed services and for export. Therefore, most of the available supply then will go to civilians. And should provide about ten pounds more per capita than the 1935-41 average.



In fixing the hog goal for 1946, the USDA took into consideration the very large supplies of beef and poultry expected to come on the market ... and compete with pork ... during the next two years. The Department also gave consideration to probable feed-grain supplies and the need for this feed by livestock other than hogs ... that is for dairy cattle and poultry. Maintaining the proper balance between feed and livestock is as essential as balancing expenditures in the family budget.

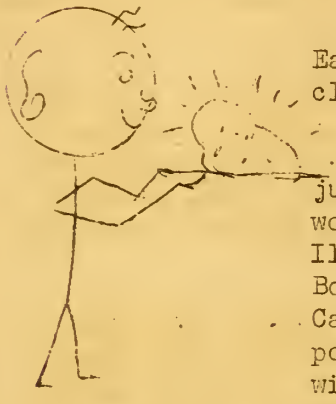
As you know, the Department of Agriculture is required by Congressional action to support the price of hogs at a specified level for the next two years. If hog prices decline below the support, the Government will be required to purchase hog products with funds from the U. S. Treasury. Disposal of these products after purchase might prove to be a difficult problem ... especially if large supplies were involved. In establishing a goal for 52 million spring pigs, it was believed that this number could be marketed at the required support price level with a minimum of Government purchase.

* * * *

POTATO POPULARITY CONTEST

Gone are the days when you had to search from store to store for potatoes. The second largest crop on record means we can take our potato shopping easy. In a crop of such abundance there are plenty of high quality potatoes, so homemakers can insist on getting top grades.

By way of celebrating this large crop, a spud luncheon was recently held in a private Senate dining room in Washington, D.C. Said spud shindig was tendered by Maine organizations...with guests from Idaho... to prove the values of Maine potatoes over those of Idaho. Stellar lights at the luncheon were First Lady Mrs. Truman, the Governors of Maine and Idaho, and J. B. Hutson, Under-Secretary of Agriculture.



Spud speeches were beamed by the two Governors. Each praised the potatoes from his home state and cleverly joked about his competitor's product.

The piece de resistance was a potato cooking contest judged by Comptroller General Lindsay Warren and four women legislators: Representatives Emily Taft Douglas, Illinois; Edith Nourse Rogers, Massachusetts; Clare Booth Luce, Connecticut; and Helen Gahagan Douglas, California. The ladies ate heartily of Maine and Idaho potato soup, fried potatoes, and baked potatoes. Replete with spuds and fish and poultry course, they voted. The two Eastern ladies voted for Maine and the West fell for Idaho. The Comptroller General refused to break the tie...he liked his hair the way it was. Then six slim beauties from potato producing states were introduced as graceful proof that potatoes as a regular part of the diet are not fattening.

This luncheon was another way of pointing out that potatoes can be featured now as an economical food as well as a nutritious and plentiful one.

And in case you'd like an extra-special potato recipe to pass on to your listeners, here's one suggested by USDA's Bureau of Human Nutrition and Home Economics, which can fit into any meal of the day:

POTATO GRIDDLE SCONES

2 cups sifted flour
1 teaspoon salt
3 teaspoons baking powder
3 tablespoons fat
1 cup cold mashed potatoes
1 egg, beaten
1/3 cup milk (about)

Sift together flour, salt and baking powder. Cut in fat with 2 knives or a pastry blender. Blend in the potatoes. Mix egg and milk; add to first mixture. Mix slightly. Roll 3/8 inch thick and cut into squares. Bake slowly on a hot greased griddle or a frying pan. Turn several times to cook through. Makes 10 to 12 scones.

These potato scones can form the main course of any meal, served with creamed meat or fish...and they'll make a dessert that's different served with fruit preserves.

YOUR SHARE OF SAUERKRAUT

You'll be seeing more commercial sauerkraut this year than you did in 1943 and '44. For the past two years, packers weren't allowed any tin to put up kraut for civilian use. All of the tinned product was needed for the armed services. This season the picture is good from all angles. The cabbage crop has been bountiful and the quality excellent. And packers will be allowed sufficient tin to put up all the kraut possible.

Packers are now working to capacity in New York, Wisconsin, Ohio, and other producing areas for kraut cabbage. It'll take a little time to get this product into distribution, but all stores should have some stocks by the first of December. Sauerkraut, both canned and in the bulk, is now exempt from price control. But expected supplies should keep the prices fairly close to those of last year.

Sauerkraut furnishes a texture and flavor contrast to the meal. It's a pickle dish moving right into the vegetable line. According to food historians, sauerkraut originated in Asia. The Tarters are supposed to have introduced it into Eastern Europe. From there it went to Germany and German immigrants brought the skill of preparing it to this country.

Sauerkraut is cabbage fermented in its own brine. This brine forms when salt is added to the shredded cabbage. The salt draws the sugar from the vegetable and certain bacteria cause this sugar to ferment. It's one of the products of this fermentation ... lactic acid ... which gives the food much of its characteristic flavor.

Whether you make your own sauerkraut or buy it already canned or in bulk at the grocery store, you'll probably team it with some kind of pork ... chops, spareribs, or sausage. Weiners and kraut are another long time favorite. And in some parts of the country, sauerkraut is always served hot whenever there is turkey.

* * * *

KEEP 'EM MOVING

One final bit of advice to the home canner of 1945 comes from home economists of the U. S. Department of Agriculture. It's "keep 'em moving".

This means the homemaker should look at the date and label on her canned foods when she goes to the cupboard to pick out a jar. Then, the older jars won't get "lost" at the back of the shelf.

It's good planning ... say the canning experts ... to use up home canned foods within a year. Of course, longer storage is not unsafe if the food was properly canned, sealed airtight, and stored in a cool place. But, the food does tend to lose some food value and flavor when it's held for a long time.

* * **

CARROT SITUATION

Right now there are plenty of carrots on most markets ... both canned and fresh. The abundance stems from two main factors: First, the carrot crop this fall is well over last year's production; and second, requirements for the armed forces are much smaller.

It's customary for a large part of the fall crop of carrots to go to processors. During the war years, the largest slice of these canned carrots went to the armed forces. Now with the set-aside removed because military requirements have been cut back, you'll be seeing more canned carrots on your grocer's shelves.

As for fresh carrots ... most of the fall crop grown in Eastern and North Central States (Wisconsin, Michigan, Illinois, Indiana, New York, New Jersey, and Pennsylvania) is sold with the tops removed. Right now is the peak marketing season for these topped carrots. Heavy shipments will continue until the first big freeze. So you can count on lots of carrots until cold weather slows the market. Shipments of fall crop carrots are now running about 285 or 290 cars weekly ... about the same as last year, and prices are well under 1944 prices.

* * * *

FLOWERS FOR A '46 CENTERPIECE

Here's a forward looking note for those who raise their own chrysanthemums. It comes from garden specialists of the U. S. Department of Agriculture.

Although spring is the time to plant chrysanthemums, the experts say you'll know better what you're getting if you choose the chrysanthemums for next year's planting while they're in bloom this fall. Just get the name of the variety from the gardener whose flowers you admire.

Hardy chrysanthemums are easy to raise... say the garden specialists. They'll grow in any soil that's favorable for vegetables. And for good blooms and foliage, the experts advise starting the "mums" fresh every year or two.

* * * *

BACKGROUND ON BEETS

There's a heavy supply of beets in parts of the Northeast and Midwest regions. This situation arises largely because of military and Government cancellations. In Minnesota and New York, for example, pretty heavy beet acreage was built up during the war for dehydration, dry pack, and the like. Such a large supply is, of course, no longer needed. Another factor is that the beet yield is good this year. Certain states have heavy local crops, and the addition of Government cancellations creates an abundance.

(M O R E)

Incidentally, here's a suggestion which applies to both beets and carrots. Explain to your listeners that these vegetables offered for sale without the tops are just exactly as good as the ones which have the tops still attached. At this time of year the tops don't look as attractive...sometimes they've been nipped by the frost, of course... so the growers cut them off. Furthermore, removing the tops saves a good deal of shipping space, thus helping the transportation situation. Shoppers are passing up a good buy when they avoid the topped beets and carrots which are so plentiful on the vegetable stands these days.

* * * *

BUDGET BUSTERS

During this reconversion period, many families are checking up on their spending and saving plans. Here are some budget tips from the USDA Bureau of Human Nutrition and Home Economics.

The specialists in family economics call expenses that may play havoc with budgets "budget busters". Here are the "budget busters" to guard against:

"Nibblers". Five cents here and ten cents there may add up to a surprising total. The homemaker who's making a budget should count in the small expenses. Such things as soft drinks, magazines, cigarettes, stamps, and the like. Some families handle these items through personal allowances. Then no further accounting is necessary.

"Bouncers". These are expenses that turn up only once or twice or a few times a year...taxes, winter fuel bills, insurance premiums, interest payments, Christmas shopping. One way to manage "bouncers" is to list the probable amount of each one...add them up...divide the total by 12. Set that amount out of each month's income. Then mark on your calendar the probable amounts of the bills and the dates they must be paid.

"Sluggers". These are unforeseen expenses. A seige of illness, an accident, an unexpected need for household repairs, a change of job that requires a move. Any of these can knock a budget for a loop and run the family into debt if no provision is made for emergencies. Answer, of course, is to have an emergency fund set aside. In other words... save to build up an emergency fund.

* * * *

EDIBLE ESTIMATE

Here's a turkey talk your listeners will find helpful. It comes from home economists of the U. S. Department of Agriculture.

To know how big a roasting turkey it will take to serve the family, allow three-fourths to one pound dressed weight for each person to be served. It's economical to buy a larger bird then is needed for one meal or even two. The larger the bird the greater the yield of meat in proportion to bone. Left-over tidbits can be quickly turned into a variety of appetizing dishes.

* * * *

FLASH OF COLOR

Have you wondered how the name for cranberries originated? According to some historians, the name was originally"craneberry"....from the graceful stem of the cranberry flower which resembles the curve of a crane's neck.

Principal producing states of this favorite sauce berry are Massachusetts, New Jersey and Wisconsin....with Massachusetts producing fully three-fourths of the supply. Latest figure on the total yield this year is about 634,000 barrels. While this 1945 crop is only slightly larger than average, it's 72 percent larger than the very short 1944 crop. Most of the increase is in Massachusetts, for the Wisconsin and New Jersey crops are considerably smaller than last year.

Cranberry canning and processing has become a big business. About 35 percent of the crop is ordinarily processed...canned or dehydrated. You didn't see many dehydrated cranberries last year because the Armed Forces took most of this product. This year, with an average crop and smaller Army requirements, there'll be more processed cranberries available. Probably the increase will be more noticeable in dehydrated berries because processors also have sugar worries, and the dehydrated berries do not call for sugar.

* * * *

OF NOTE IN THE NORTHEAST

"CABBAGE COME TO LUNCH AND DINNER"

It's been only a couple of weeks since we gave you a cabbage story in RADIO ROUND-UP, plus some recipes developed by USDA's Bureau of Human Nutrition and Home Economics. Since then, however, the Bureau has released a recipe folder called "Cabbage Comes to Lunch and Dinner", containing some very interesting facts about cabbage, and some more recipes. We're enclosing a copy of this folder, which contains some ideas we believe you'll like to pass along to the home-makers in your audience.

Cabbage is still on the list of plentiful supplies in the Northeastern area, with Pennsylvania and New York furnishing large quantities. Incidentally, some tests made at the Southeastern Regional Vegetable Breeding Laboratory in Charleston, South Carolina, have had interesting results. They've shown that the average yield of vitamin C, thiamine and riboflavin is greater in cabbage harvested in November than in that harvested in the spring. Furthermore, the autumn cabbage shows a more even distribution of vitamins than the spring variety. As the weather grows colder, more vitamins cluster around the center of the cabbage, but as the temperature rises, the vitamins are more abundant in the outer portions of the cabbage head. All this helps to make cabbage an especially good buy during this month.

* * * *

FEATURE THESE

.....and keep the emphasis on cabbage and potatoes, since they're still the headliners. Spinach is easily in third place, however, and you can be really helpful to your listeners by suggesting a variety of methods of using this important vegetable. You'll note also that supplies of citrus fruits are continuing to increase, which is good news to everybody.

These lists are based on latest reports by wire from our market reporters. For daily developments during the current week, phone your local market news office.

BOSTON	NEW YORK CITY	PHILADELPHIA
Cabbage	Beets (topped)	Cabbage
Carrots	Brussels sprouts	Cauliflower
Cauliflower	Cabbage	Potatoes
Celery	Carrots (topped)	Rutabagas
Potatoes	Cauliflower	Spinach & other greens
Spinach	Lettuce (Big Boston & Romaine)	Turnips
Squash (winter)	Potatoes	
Turnips	Spinach	

WASHINGTON, D.C.	PITTSBURGH	BALTIMORE
Cabbage	Cabbage	Cabbage
Grapefruit	Cauliflower	Grapefruit
Oranges	Oranges (small)	Oranges
Potatoes	Potatoes	Potatoes
Sweet Potatoes		Sweet potatoes
		Spinach
		Turnips

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Radio Round-up

A weekly service for Directors of
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U.S. DEPARTMENT OF AGRICULTURE

WHAT'S INSIDE

FOOD DIVVY-UP.....USDA makes food allocations

RETURN THE MILK BOTTLE.....keep those bottles going

CORN POPPABILITY.....pointers on corn popping

THE FLEET'S IN.....and we do mean the fishing fleet

INSIDE PIE STORY.....mincemeat and the makin's...

PUMPKIN PIE FILLING.....pumpkin pack about average

HARVEST BOUNTY.....November report indicates bountiful harvest

THE ARMY SALUTES.....Meritorious Service Award to Mary Barber

PUMPKINS PAST AND PRESENT.....the pumpkin has a history

FEATURE THESE.....plentiful fruits & vegetables in N. E. area

U. S. Department of Agriculture

FOOD DIVVY-UP

Since the early days of the war, the Department of Agriculture has been announcing food allocations for civilians, for the military, for our allies, and for liberated areas...as they become liberated. There was only so much food that could be shared, and the allocation system was adopted as a sort of international rationing scheme...so that everyone could share the existing supplies. Last week, the Department announced food allocations for the October-December quarter of 1945.

It is estimated that during the final quarter of this year, there is available for allocation approximately 37 million tons of foodstuffs. This is how the pie will be cut: about 78 percent will go to U. S. civilians. Military and war services will cut into nearly 6 percent; and 16 percent will be on tap for liberated countries and for other exports. The quantities of food being made available to European countries this quarter substantially meet stated requests, except for sugar, fats and oils, canned fish, and rice.

This spells cheerful news for Europe's needy. It means that nearly four million tons of food will be directed to European countries and French North Africa in an effort to offset threatened starvation. It means that the winter will not be quite as grim as predicted. But there is no escaping the fact that 4 million tons will not be enough to feed Europe.

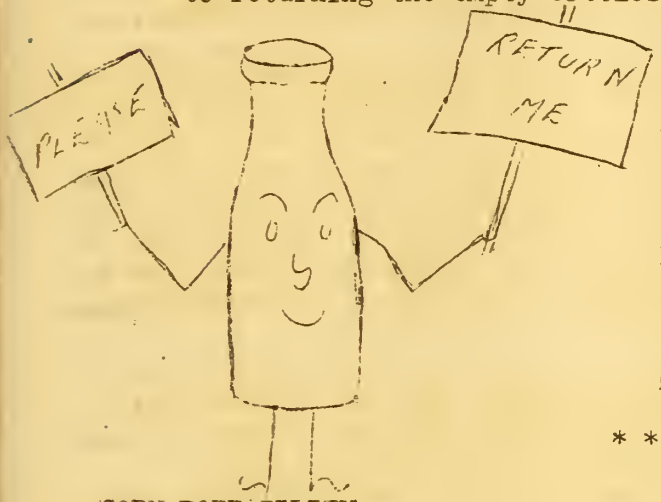
The factor that is limiting the amount of food going to Europe is not related to supply. It is a matter of finance. Aside from civilian relief feeding by military agencies, dollar resources of European governments and UNRRA help are the main sources of payment for U. S. food. Both are relatively limited. Moreover, it's a toss-up as to whether the critical need for food in these areas is more important than the need for coal, machinery, and transportation equipment.

The allocation announcement also reveals that U. S. civilians are receiving more of most kinds of food in the current quarter than at almost any time during the war...and even more than in pre-war years. There are exceptions, and these include sugar, and fats and oils. These relaxed food controls in the U. S. were occasioned by reduction in military needs, and increased seasonal production of certain commodities.

* * * * *

RETURN THE MILK BOTTLE

It's still important to urge the return of milk bottles. Folks who buy their milk supply at grocery stores are slower when it comes to returning the empty bottles than those who have home delivery.



There are two reasons for making an effort to get these bottles back into circulation. It seems that all kinds of glass containers are limited... even though manufacturing plants of these containers are working at capacity. Paper cartons are not plentiful either.

The more trips a milk bottle makes, the better we can hold the line on milk production costs.

* * * * *

CORN POPPABILITY

It's popcorn ball weather. And here's a note from corn specialists of the U. S. Department of Agriculture's Research Administration. Tell the corn poppers they'll get best results when the kernels contain between 14 and 15 percent moisture. And the best way to tell if the corn has the right amount of moisture is to pop a sample.

If the corn pops well, leaving few unpopped grains, the rest of the batch may be kept poppable indefinitely by closing it up tightly in rubber-sealed jars.

If the corn does not pop well because of lack of moisture...rather than the variety of corn...here's a suggestion. Try sealing the corn in a fruit jar with a few drops of water added. A week or more later, another test should indicate whether or not there was any improvement.

Good results in popping corn depend on how the corn is kept just as much as on its condition when bought. Much of the popcorn now sold at retail in small quantities is hermetically sealed in cans. It has the proper moisture content for best popping. When one of these cans is opened... the part of the contents not to be used at once can be kept at the right moisture content by sealing it in a glass fruit jar and using a rubber ring.

Some corn-popping fans follow a rule o'thumb method that seems to work well in moderately humid areas. They keep the shelled corn hanging in a cloth bag on a ceiling hook on the porch in fall, winter, and spring, and near the floor of the basement in summer.

* * * * *

THE FLEET'S IN

If you heard any rumors a few months ago about an acute fish shortage this winter, you were listening with you bad ear. Come close...with your good one...and hear the good news. Landings destined for fresh and frozen markets for the first ten months of 1945 are estimated to be about 12 percent greater than in 1944.

As November goes over the line, total U. S. cold storage holdings may reach the highest on record for any single month since the industry has been keeping such data. Heavy holdings at this time are reported for halibut, salmon, cod, rosefish, whiting, mackerel, and sablefish. In the shellfish line we find that shrimp shows practically double last year's holdings...9 million pounds of shrimp in 1945 to 1944's 5 million. And that is a far cry from the crustacean shortage last year when there wasn't a green shrimp to be found on the waterfront... no matter how well you covered it.

Concentrating on facts without figures, the fish picture is something like this: freezings are a little over the volume produced last year. The Pacific Coast is competing for the inland markets up to now held by Gloucester, Portland, Boston, New Bedford axis. At the moment, because of more adequate supplies of meat and poultry, demand for fresh and frozen fish has dropped.

Landings by areas for the first 10 months of the current year show that the four New England ports account for approximately 40 to 50 percent of the nation's total fresh and frozen supply. On the West Coast, Seattle shows the greatest increase, with the fleet bringing in 38 percent more fish. Chicago receipts of fresh-water fish indicated a 10 percent increase...while New York landings were down about 6 percent. Data for the South Atlantic and Gulf areas is not available, but a recent Department of Agriculture survey indicates that the catch may equal last year's yield.

* * * * *

INSIDE PIE STORY

From Thanksgiving on through the winter, mincemeat pies will be reaching their annual popularity peak.

Many women who could garner precious sugar and other ingredients have made some mincemeat for the holiday season. Others will be buying prepared mincemeat mixes at their local grocery store or delicatessen. These women will find a slight improvement in supply over last year.

There won't be too great an increase in the commerical stocks, because so many of the needed ingredients are limited...sugar for one thing. Apples, which are also called for in most mincemeat recipes, are scarce this year...the supply of this fruit is only about half as large as average. In the spice line, cinnamon is especially short. The two hopeful supply items are suet and lean beef. If shoppers fail to see mincemeat on the first try, suggest that they ask for it again. Mincemeat will be made right along through the season.

* * * * *

PUMPKIN PIE FILLING

The commercial pack of pumpkin is only about average this year since the fresh crop wasn't very bountiful. However, with no government set-aside orders for canners, civilians will be able to buy about as much canned pumpkin as during the war years. Purchases necessary to assure our service men and women their holiday taste of pumpkin pie are being made by the government on the open market.

* * * * *

HARVEST BOUNTY

The Pilgrim Thanksgiving menu probably consisted of turkey, venison, pumpkin, squash and corn. By looking at the November crop report just issued by the U. S. Department of Agriculture, we get a good idea how varied the Thanksgiving dinner in 1945 can be.

Not only are the crops legion in number, but the harvest across this nation has been bountiful. Only twice before in our history...in 1942 and 1944... we had greater total production than this year. In this near-record output, certain crops are at an all-time high. Our farmers have produced more wheat, oats, rice, tobacco, sugarcane, peaches, pears, oranges, grapefruit, almonds, and fresh vegetables than ever before. The harvest of most processing vegetables is nearly completed, too. This year the crop of green peas is the largest ever recorded. Sweet corn is expected to approach the high 1942 production. Kraut cabbage is another crop that may approach an all-time high level.

There are also near-record harvests of potatoes, soybeans, peanuts, pecans, walnuts, and grapes. Big crops of corn, hay, sorghum grain, and an above average crop of barley mean adequate feed for our livestock.

The crops that fell below average are rye, sugarbeets, sorgo sirup, and dry beans. And the two crops that fell to all-time lows are apples and sour cherries.

October weather was also favorable for livestock and poultry. High production levels of both milk and eggs were continued. It looks now as though total milk production for the year will reach 123 billion pounds, which will be a top figure...the previous record was 119 billion pounds produced in 1942. While egg production is below the 1944 record, it's going to be a little over 5 million dozen...about 50 percent above the 1935-39 average. That means 390 to 400 eggs per person this year.

* * * * *

THE ARMY SALUTES

A few days ago a tiny, gracious woman received the emblem for exceptional civilian service in the Army's Quartermaster Corps. Her name is Mary I. Barber. Her job...to feed G.I.'s...or more specifically: expert food consultant to the Secretary of War. This meritorious award is the highest which the Army offers to any non-military person.

Miss Barber's war job started back in February, 1941 when feeding "selectees" was a matter of building morale, along with planning three daily meals for an army that was just beginning to take shape.

A woman in charge of feeding a bunch of soldiers? Who ever heard of such a thing? It definitely belonged in the raised eyebrow department. But some of the mess sergeants and army cooks knew what was cooking. They had met Miss Barber when she was Home Economics Director of a food concern. They had worked with her...attended her demonstrations in their own kitchens, and had used her practical menus. When they learned that she had been selected as food consultant for the QMC, the Army's mess contingent sent up a cheer, and the cheers have been spreading right down the ranks.

Across the country she traveled...talking as she went...telling civic groups and women's clubs about the science of nutrition. Certain scientific principles govern healthy eating...and the Army was practicing these principles. "Your sons in the Army are better fed than sixty percent of the civilians in this country," she told these groups. "When they come home on leave you'll be amazed at what the food and training have done for them physically."

Well, the boys are coming home. Take a good long look at them. You will agree that they look fit and well fed...whether they are returning from the South Pacific or from a camp around the corner. And the finger can be put on Mary Barber, who applied her Drexel training and her teaching instincts to an Army cook stove and the boys who went with it.

Her job was more than assisting with menus for the United States Army. Her interest extended to every phase of the current food picture. She kept in step with the lists of plentiful foods, the enrichment programs, the research on dehydration. She reached out and caught the confidence of civilians who had to stay home to keep the home fires burning. And most important of all, her spirit crept into the distant kitchens and ration tins that were a hop and skip in front of our fighting men. It was a job admirably done...and the citation that she received from Lt. Gen. Gregory Comes, not from the War Department alone, but from all the guys who fought and ate and fought some more.

When the War Department asked Miss Barber to come to Washington before Pearl Harbor, she was a top woman in dietetics. One of her many jobs was holding down the presidency of the American Dietetic Association, and organization numbering some five thousand women in the nutrition field. Since then she has received an honorary Doctor's degree from Drexel Institute. But citation, doctorate, and all, she's the same friendly, energetic lady the mess sergeants knew.

* * * * *

OF NOTE IN THE NORTHEAST

PUMPKINS PAST AND PRESENT

In connection with the item on pumpkin pie in this week's issue of ROUND-UP, you may be interested to know something of the history of this typically New England delicacy. According to USDA's Office of Foreign Agricultural Relations, Europeans arriving in the New World found the pumpkin growing in many parts of the Western Hemisphere. The Spanish and Portugese accepted it as a vegetable and it soon became a staple food with them, just as it had been with the Indians for many years. The Pilgrims in New England, however, were responsible for the development of pumpkin into a dessert. They found that the Indians baked it in the shell for hours, over hot coals, and that they valued it as a sweet...which it was, by comparison with their other foods. The first pumpkin pies made by the Pilgrims consisted only of the crust and the pumpkin baked together. Eventually they began to sweeten it with molasses from the West Indies, and in this way, created the first truly North American dessert. It's not hard to understand why pumpkin pie has become a traditional part of Thanksgiving, the essentially New England festival.

The pumpkin is widely eaten in Central and South America as well as in North America. While we in the United States make little use of pumpkin except as a dessert, in other countries it's commonly served as a vegetable. Frequently it's found in the meat stews so characteristic of Central and South America. Cooked pumpkin also is mashed, mixed with egg, made into little cakes and fried in deep fat. Then again, the mashed cooked pumpkin is blended with herbs and meat broth and made into a delicious soup.

Pumpkin seeds also are used as food in Mexico and Central America. They're roasted and sold on the streets, and are said to be as popular as peanuts in this country. Certain Indian tribes make a meal from pumpkin seeds, which they use for bread and gruels.

Incidentally, the pumpkin and the squash are from the same botanical family, and both grow on vines, most of which run along the ground, or climb over other plants. They had been grown for so many years by the Indians and were so well established that little has been done by modern man to change or improve them and no new types have been developed. Archeologists tell us that all types, from the big Jack-'o-lantern pumpkin to the small crookneck yellow squash, or the scalloped round squash, were known to the Indians long before the white settlers appeared in the Americas. They've discovered seeds and fragments of pottery with pumpkin designs in American Southwest, which indicate that the Indians living there about 2,000 years ago were well acquainted with the pumpkin. Prehistoric cemeteries near Lima, Peru, have furnished evidence of this too, in funerary vases actually modeled after pumpkins.

It's interesting to note that European settlers carried pumpkin seed from the New World back to the Old, and that pumpkins are now well-known and popular there.

* * * * *

FEATURE THESE

....and add spinach and snap beans to potatoes and carrots on your list of foods that are in heavy supply at present. Turnips, too, are plentiful now, just in time for Thanksgiving dinner. Oranges and grapefruit are now appearing in larger supply in most markets, and it isn't hard to find plenty of good things to say about both these delicious and healthful fruits.

These lists are based on latest reports by wire from our market reporters. For daily developments during the current week, phone your local market news office.

BOSTON	NEW YORK CITY	PHILADELPHIA
Beans (snap)	Beans (snap)	Beets (topped)
Beets	Beets (topped)	Cabbage
Cabbage	Brussels sprouts	Carrots
Carrots	Cabbage	Potatoes
Celery	Cauliflower	Rutabagas
Oranges	Grapefruit	Spinach & other greens
Potatoes	Oranges	Turnips
Spinach	Parsnips	
Squash (winter)	Potatoes	
Turnips	Radishes	
	Spinach	
	Turnips	

WASHINGTON, D.C.	PITTSBURGH	BALTIMORE
Beans (snap)	Cabbage	Cabbage
Cabbage	Grapefruit	Grapefruit
Celery	Oranges	Oranges
Grapefruit	Potatoes	Potatoes
Oranges		Spinach
Potatoes		Sweet potatoes
		Turnips

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U.S. DEPARTMENT OF AGRICULTURE

Radio Round-up

A weekly service for Directors of
Women's Radio Programs

150 Broadway
New York 7, N.Y.
November 23, 1945

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U. S. Department of Agriculture

THE DOWN-BEAT

Every now and then something startling appears in the news. Last week's item was a threatened milk shortage. Was it somebody yelling "wolf"...or was it the real McCoy? Here are the facts...and let each homemaker judge for herself.

In terms of production, this is a record milk year: 123 billion pounds compared with the previous high in 1942 of over 119 billion pounds.

Billions of pounds of milk...and still there is a shortage and voluntary rationing by the retail milk dealers in many cities. How come? Well, it's easy enough to explain. First of all, this is the season of the year when production hits the bottom of the pail. The peak is May or June...the abyss is right now in November. By New Year's, the milk experts of the Department of Agriculture predict we will be out of the woods...with the pail bubbling again. This seasonal rise and decline is nothing new to our listeners. Between September and January, cows experience their customary "fall freshening". That is, they have their young, and produce milk to feed them. But the farmer is right in there pitching. The calves are taken away from the mother within 5 days...The milk appears on our doorstep.... and the calves get weaned on mashes, commercial feeds and skimmed milk. A tough break for the baby cows, but a quart of milk in the cold part of our refrigerators.

Coupled with this seasonal low is the great acceleration of milk consumption caused by the removal of war-time controls. Such restrictions as WFO 79.....limiting consumption of milk and light creams to levels obtaining in June 1943; WFO 8....limiting the amount of milk solids in ice cream; and WFO 13...prohibiting the sale of heavy cream....have been written off the books.

Another drain on that record supply is returning service men who are piling into American ports...home at long last...and celebrating with glass after glass of milk. Well, there just isn't that much milk on tap. The Navy found that out in picking up 20,000 gallons of frozen milk on the West Coast to welcome the fleet on Navy Day.

And a fourth reason for the shortage...incomes are still high and consumers can afford to buy milk.

So the homemaker can readily see what has permitted milk consumption to take a hop, skip and a jump...what it is that is responsible for shortages. But this is the picture as of November and December. Comes the New Year, and we'll be on the up-beat again.

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AND THEN THERE WERE NONE

WFO 11, the last of the war emergency milk controls, has been terminated. Its function was to prescribe certain marketing economies. Mainly, it prohibited home delivery of milk, in half pints and pints, either cartons or bottles. Termination results from improved conditions in manpower and materials.

The end of WFO 11 means that milk dealers who have a supply of small cartons or bottles can use them to advantage in the current milk shortage. The milk supply can be stretched if it's ladled out into smaller cartons.

Even so, the request to return your empty bottles....no matter what size they are.....is still good.

* * * * * *

CARRY ON!

Thanksgiving is over, but record numbers of turkey will continue to be available. Especially the big birds. Turkey meat production hopped on the bandwagon this year to record a new high of 650 million pounds, dressed weight. This is 100 million pounds above 1944, and 300 million pounds above the pre-war average. They came big this year because there was plenty of feed, and a long growing season. The Army snagged the lighter weights because they couldn't get the big birds in the field kitchens.

But don't let size dismay you. The industry is cutting the big turkeys in halves, and smaller portions, and wrapping the pieces in cellophane. This is in case your oven can't accomodate a big fellow.

* * * * * *

ON THE FOOD HORIZON

The U. S. Department of Agriculture presents a comparitively bright picture of the nation's food prospects for next year. It looks now as if the total food supply for civilians in 1946 will exceed that of 1944...when the nation consumed a record quantity of food. The Department of Agriculture points out, though, that certain items...pork, better grades of beef and veal, butter, margarine, other fats and oils, sugar and canned fish... will still be short.

On the very bright side of the 1946 food ledger are more ice cream, cheese, condensed and evaporated milk, fluid cream, canned vegetables, and fresh and frozen fish. Eggs and fluid milk will continue plentiful in 1946, though the average use per person is likely to be somewhat smaller than this year's record. Supplies of chicken, turkey, fresh fruits and vegetables, frozen and dried fruits, potatoes and sweet potatoes and cereals will probably be about the same next year as this.

(MORE)

In estimating the meat supply for next year, the Department forecasts enough to allow each person about 145 to 155 pounds, wholesale dressed weight. This figure compares with 130 pounds this year. We are, however, now eating meat at a record or near record rate. In 1944, civilians bought 150 pounds per person...the highest rate in over 30 years.

This year's total food supply is now estimated to be only slightly smaller than 1944's high. The relatively high total was made possible by reduction in Government buying since the end of the war....together with bumper crops and near record livestock production. Most of the expected improvement in civilian food supplies next year will also stem from the cutback in military food requirements. These purchases will drop to a third or a fourth of the 1945 level. Exports and shipments of food in 1946 will continue large if satisfactory financial arrangements are completed.

* * * * * *

MEET THE WINNAH!

A version of the "Home town girl makes good" story may be coming your way next week.

Around 500 farm girls....from 46 states....will be in Chicago attending the National 4-H Club Congress. They'll be competing with each other for contest awards in such diverse subjects as clothing, food preparation, canning, home grounds beautification, dress review, girl's record, leadership, achievement and health. Last year, the girls carried off some of the laurels in the traditionally masculine competition.... farm safety.

Date of the 4-H Club Congress in Chicago are December 1 - 6. Your State Agricultural Extension editor will fill your requests for information and will arrange interviews with the winners from your area who are attending the Chicago meeting.

* * * * * *

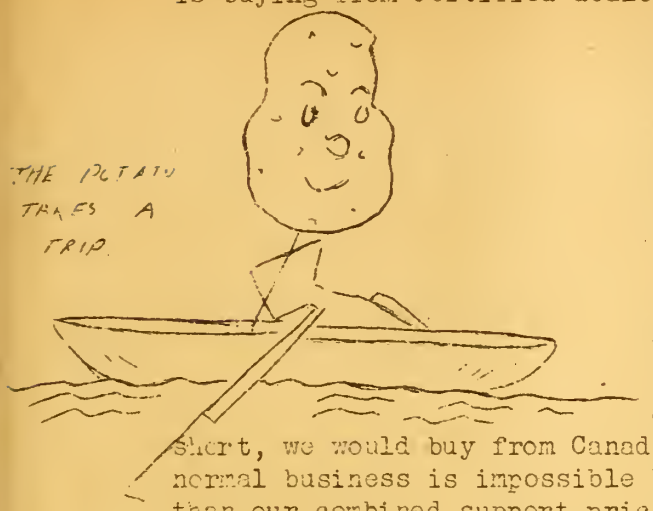
T HOME AND ABROAD

This year's potato crop is the second largest in history. Because of good weather and increased yields, there are 50 million bushels more potatoes than are needed for civilian consumption.

When crop reports indicated that the supply of intermediate and late crop potatoes would exceed the amount needed for civilian consumption, the government immediately put into effect various loan, purchase and diversion programs which would support the farmer's market. Potatoes for which no commercial outlet could be found at support price levels were acquired by the government, and diverted from the regular commercial market into other channels. Up to the beginning of November, a little over 7,000 carloads of potatoes had been diverted. Almost half of these carloads was distributed for school lunch programs and to welfare organizations. The rest went to plants for conversion into starch, industrial alcohol and livestock feed.

(MORE)

In addition to these home diversion programs, the USDA has just completed arrangements for sale and distribution of potatoes to foreign countries. The first deal was made with Belgium. The United States is buying from certified dealers and growers one million bushels of late potatoes,..paying support prices... and selling them to the Belgium Government. Right now, boats are anchored at Portland, Maine, loading these surplus spuds. They will reach Belgium in time to offset winter's grim guns.



Looking North of the Border, we find our good neighbor, Canada, 14 million bushels short of requirements. Normally, in such a situation, Canada would buy directly from our merchants. If we were short, we would buy from Canadian dealers. But this is a year when normal business is impossible because the Canadian ceiling is less than our combined support price and freight charges. As a result, arrangements have just been completed by the two governments to distribute 4 and a half million bushels of U. S. grown potatoes to Canadian civilians. Our dealers will sell directly to Canadian dealers...with the Canadian Government subsidizing the difference between their low ceiling and our price that covers support and freight charges. Nice reciprocal action between neighbor Governments, spelling good will and spuds.

A program similar to the Belgian negotiations is being worked out with France. Again, our Government will buy 4 and a half million bushels directly from growers and dealers and sell them to the French Government at somewhat less than support. Again, we polish off two birds with one stone: We maintain prices for our own growers...and we provide France with a staple food during a critical period when she is patching her torn fields.

All told, this year's potato crop is like manna from the good earth...both at home and abroad.

* * * * * *

A SLIP THAT FITS

While you're advising your listeners to buy only the clothes they need, you'll want to pass along some tips for wise buying. Here are some suggestions from clothing specialists of the U. S. Department of Agriculture on buying a slip.

The well-fitting slip molds smoothly over the bust and under the arms. It fits about the waist and down to the hips. Then it hangs evenly around the lower edge.

Because figures differ, the slip that fits one woman is not necessarily right for another. The fit of a slip depends not only on the size but also on the way it's designed.

(MORE)

For example, the popular bias-cut slip is more likely to fit a slender figure than a stout one. Women with stout figures or large hips usually find straight-cut slips fit them better than the bias-cut models.

Best way to find out whether a slip fits is to try it on. Many stores have fitting rooms in the lingerie department. In trying on a bias-cut slip, the specialists advise the buyer to take special care to get one large enough. Since the bias-cut slip stretches and doesn't feel uncomfortable, there's danger that it may be a smaller size than is really needed. After it's washed, the too-small slip ripples and draws at the seams. And the skirt hangs shorter at center front and back than it does at the sides.

Whether she's getting a bias-cut or a straight-cut slip, tell the buyer to check on the length. It should be an even distance from the floor and it should be three-fourths or one inch shorter than the dress all the way round. Many women depend on the straps to take care of any necessary adjustment, but if a slip fits properly it can't be drawn up or let down very much without spoiling the fit.

* * * * * *

DEFROSTING THE FOWL

Here are some welcome suggestions from home economists of the U. S. Department of Agriculture on how to deal with frozen poultry before cooking it.

Because it cooks more evenly and takes less fuel, poultry should be thawed before it's cooked. Tell the homemaker that she will get good results if she will thaw the bird slowly in the refrigerator. A three or four pound bird takes overnight or longer to thaw completely.

It takes less time to thaw the bird at room temperature. Once thawed, poultry is more perishable than meat freshly killed. It must be cooked immediately.

If she's short on time, and the poultry must be thawed or partly thawed, tell the homemaker to used moderate temperature. It's a mistake to speed things up by using high heat. Temperature higher than moderate will shrink and toughen the meat. It's better to allow extra time so the meat will thaw and cook done all the way through.

Whether the meat is thawed in the refrigerator...at room temperature. ....or while cooking...here's one don't to pass along. Don't soak the frozen poultry in water. Soaking causes reckless loss of good juice. The best advise is to allow enough time for thawing, no matter what method is used.

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OF NOTE IN THE NORTHEAST

DECEMBER PLENTIFULS

In planning your food broadcasts for December, you can count on the foods listed below as being in plentiful supply throughout the month in the Northeastern region. Changes in the fruit and vegetable list will be noted from week to week in the section "FEATURE THESE", covering the supplies in the principal cities of this region.

FRESH VEGETABLES	OTHER FOODS
Beets	Chicken
Carrots	Turkeys (heavy toms)
Cabbage	Dry peas
White potatoes	Breakfast cereals
	Wheat flour
	Soya flour, grits, flakes

You'll doubtless find oranges and grapefruit in plentiful supply before the month is over, too, as more are coming into the market all the time. In view of the general scarcity of most other fruits, you'll doubtless want to make the most of these two in menu plans and suggestions.

* * * * * *

FEATURE THESE

.....because they're the vegetables and fruits which are specially plentiful in the leading markets of this area right now. Meal-planning during this holiday season should be considerably easier than it has been for the past two or three years. Poultry supplies are good all over the country, and since the chicken or turkey dinner is traditionally a festive occasion to Americans, your listeners are sure to be receptive to suggestions along this line. Practically any vegetable goes well with poultry, and the citrus fruits meet the requirements of appetizer, salad or dessert with equal ease. Basing your suggestions on both the preceding and the following lists of foods, you certainly have the makings of many a good meal.

These lists, incidentally, are based on latest reports by wire from USDA's market reporters. For daily developments during the current week, phone your local market news office.

BOSTON	NEW YORK CITY	PHILADELPHIA
Beans (green)	Beans (green)	Cabbage
Beets	Beets	Carrots
Cabbage	Brussels sprouts	Celery
Carrots	Cabbage 'Oranges	Onions
Celery	Carrots 'Parsnips	Potatoes
Oranges	Cauliflower 'Peppers	Rutabaga
Potatoes	Celery cabbage 'Potatoes	Spinach & other greens
Spinach	Eggplant 'Spinach	Turnips
Turnips	Grapefruit 'Turnips	

WASHINGTON, D.C.	PITTSBURGH	BALTIMORE
Beans (green)	Beets	Beans(green) ' Oranges
Cabbage	Cabbage	Cabbage ' Potatoes
Celery	Carrots	Cauliflower ' Sweet
Grapefruit	Potatoes	Celery ' potatoes
Onions	Spinach	Grapefruit ' Spinach
Oranges	Turnips	' Turnips
Potatoes		

Radio Roundup

A weekly service for Directors of Women's Radio Programs

150 Broadway
New York 7, N.Y.
November 30, 1945

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U. S. Department of Agriculture

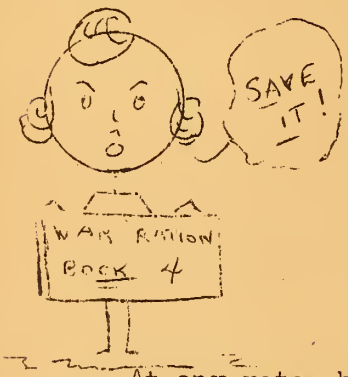
THE LID'S OFF

If these were normal times, the end of meat, canned fish, and fats and oils rationing would be something to celebrate. No one will deny that those ration books and little red tokens were a lot of bother. But these are not normal times....so it's hard to blow whistles and toss confetti, and rejoice in general. Millions of people the world over are suffering from malnutrition. Many of them are doomed to die of starvation.

Fortunately, the lifting of rationing of all foodstuffs except sugar will not affect our commitments to make available 30 million pounds of beef, veal and lamb weekly for sale to foreign governments. There is no intention to renege on the President's promise to ship the maximum amount of food to Allied and liberated countries... those who pay for it directly, and those served by UNRRA. Meat for foreign shipment is obtained through government set-asides for beef, veal, and mutton.....and these set asides will remain in effect.

Secretary Anderson assures the nation that the amount of meat left for domestic consumption will be more than adequate. For the month of December it is estimated that supplies available to U. S. civilians will be at an annual rate of about 165 lbs. per capita. This will drop to about 155 pounds for the first quarter of 1946. Even if we should supply UNRRA an extra allotment of a hundred million pounds per month, and set aside slightly more than that for sale to foreign countries, the supply would still be at a rate of around 150 pounds per capita in this country.

After the winter slaughtering is over, the Department of Agriculture estimates show a drop of 142 pounds for the second quarter of 1946 and 140 pounds for the third quarter. The 1935-39 average annual consumption rate was 126 pounds. By the last quarter of 1946 our meat supply is expected to climb above 160 pounds per person after deduction supplies for foreign shipment. And this totals a lot more meat than the 150 pounds per capita in 1944 when meat rationing was largely suspended for part of the year, and a very high level of consumer buying power prevailed.



This over-all adequacy of meat supplies does not assure sufficient pork products or choice steaks and roasts. With the rationing lid lifted, it is likely that consumers who were short on red points and long on green-backs will be Johnny-on-the-spot for the bestest and the mostest. That's when the scramble starts...that's when you trudge from store to store. That's when you might look back and think that the rationing system had its good points too.

At any rate, hold on to your ration books...don't turn them into confetti yet. They'll come in handy for sugar.

* * * *

"A ROSE AMOUNG ROOTS"

What is there about an onion that is so desirable? What is it that commends it to you and your neighbor? How come so many victory gardens were dedicated to a host of scallions, swaying and bending in the breeze?

The answer is the same....there is flavor in an onion. And there's nothing that can pinch-hit for its special kind of flavor. It has a tang that can spike the most prozaic dish. Whip up an omelette, and what do you have? You have an omelette. But mince an onion into it...and you have a thing apart.

So it's good news, indeed, to learn that the supply of onions is plentiful....with moderate prices prevailing. The onions we find in the stores were harvested in the fall and held in storage for just this moment. There are the yellow, medium-sized onions that are medium pungent. These hail from Minnesota, Wisconsin, Iowa and points east. Then there are the sweet Spanish...large and mild...perfect with hamburgers. They find their way into the nation's markets from onion fields in Colorado, Utah, Idaho and Oregon.

To determine a good onion you don't have to be a "pincher". Good quality is judged by looking. If onions are bright, clean, hard, well-shaped, dry-skinned...,that's your onion. If, however, they seem moist around the neck, decay is setting in. The outer scales or the scales in the center of the bulb are the first to go. If they have strange shapes, known as splits or doubles and bottle necks, don't reject them. Deformities are only objectionable if they cause waste.

As for storage, the soundest advice is...if you don't have a dry, cool, dark corner, just buy the amount you need at the moment. Otherwise they might grow whiskers and go soft in the middle.

The English poet, Robert Louis Stevenson, refers to the onion as the "rose among roots," the "poetic soul of the salad bowl." He's dead right. On the other hand, one Will Shakespeare denies onions on the ground that they violate sweet breath.

To have or not to have.....that is the question.

* * * *

CHICKEN IN EVERY POT

From the looks of it now, it appears that the number of chicks hatched this year may equal or exceed the record hatch of 1943. The number of chicks on order November 1 for later delivery was 28 percent larger than the number on order November first 1944. All sections of the country showed increased bookings...except the New England States, which is a feed deficit area.

Output of chicks during October was estimated at over 41 million, the highest October output on record.....43 percent larger than the number hatched during October of 1944.....and 5 percent above the previous October record of over 39 million baby chicks in October 1943. This means that, with the appearance of January and February of the new year, there may be a heavy supply of fryers and broilers. This will add to the quantity of meat chickens in the spring season when marketings are normally small.

However, homemakers who have pulled through the war years with hardly a chicken on the horizon should not be fazed by the prospect of having more chicken than usual. It's just a matter of changing the tune of "Chicken Every Sunday" (when you could get it)....to chicken as often as the family can take it.

* * * *

POINT . . . . BUT NOT FANCY-FREE

Fats and oils may be point-free, but this does not mean the end of the fat salvage program. Fats and oils are far from abundant. Nor is there any immediate prospect of improvement in supply. Butter will remain relatively scarce, especially since this is the low production season of the year. Many homemakers are already finding butter and oleomargarine hard to come by. And many stores are setting up an informal rationing system of their own.

The Department of Agriculture will continue to limit the use of fats and oils by industrial users, such as bakeries and institutions. Manufacturers of shortening, margarine, salad oil and other products will continue to operate under existing quota limitations. Also, meat dealers will continue to pay up to four cents a pound for used fats.

At this point it is natural for the $64 question to pop up: Then why did the Government cut fats and oils off the ration list? Briefly here's the answer. Since fats and oils and meat shared the same ration book, the continuation of fats and oils rationing would have required a completely new rationing system. This would have involved re-registration of more than 500,000 industrial and institutional users....and the possible issuance of new ration books. It seemed much simpler to end formal rationing and institute informal control at the store level.

(MORE)

December supplies of fats and oils are expected to be at an annual rate of 50 pounds per capita. This compares with an average prewar consumption of 48 pounds. For the first and second quarter of 1946, per person civilian supplies of fats and oils are expected to be at the annual rate of about 45 pounds.... nearly 10 percent below the prewar rate.

These estimates will enable the Government to export the fats and oils needed for essential relief in war-torn countries. Every effort is being made to obtain all the vegetable oils possible from recently liberated Far Eastern areas.

The end of rationing will increase the tendency to scurry for what is available. Until the supplies of fats and oils improve, it is vital to remember that normal buying will help the situation. Binge buying will only upset the fat cart. So buy as you need.... and keep the fat cart on an even keel.

Here's the statement made by Secretary of Agriculture Clinton Anderson regarding the continuing importance of fat salvage:

> "It is just as important now as when fats and oils were rationed to save and turn in every bit of used kitchen fat. Used fats continue to be one of our most important sources of supply for the manufacture of soap and for other industrial uses. It may be many months before we can obtain adequate supplies of imported fats and oils for these uses. In the meantime, every housewife can help to prevent soap shortages by turning in her used kitchen fats, and dealers can help by continuing collections."

Broadcasters are reminded to suggest to their listeners in rural areas that they get in touch with the county agent, in case they have difficulty in arranging for the collection of waste fat for salvage.

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* * * *

IT'S UP TO US

Now that we are ankle high in holiday spirits, with Thanksgiving down and Christmas to go....with only sugar and tire coupons to fret about....now seems time to stop a moment and think about American food, and how it can become one of the world's most powerful forces.

Here in America we have enough food for ourselves and some to spare for our Allies. It is up to us, to use this precious horn of plenty to clinch victory into peace. Everytime we read about Europe, we read that millions are starving. This is her first peacetime winter in 7 years. It is also her grimmest. Somehow there was food during the war. Now there is little or none in many places. They look to America.

Our Allies need about 1 billion, 300 million pounds of meat next year. How much do you think this amounts to per person? Actually, less than 10 pounds per person. Doesn't seem much to spare, does it? Just enough to provide us a couple of hamburgers a week. After we've sent this meat abroad, we ourselves will be eating about 155 pounds per head during the first quarter of 1946.... 21 more pounds than we ate in prewar years. Not a great sacrifice, do you think?

Four points should be remembered about the food situation:

First.....we have enough food for ourselves and enough to take the edge off starvation in liberated countries.

Second.....we are not doing the whole job of feeding the United Nations. These nations are helping themselves too. Naturally they need help. Canada, Australia, New Zealand and several South American and Caribbean countries are also supplying food to liberated nations.

Third.....we are not playing Santa Claus. By far the largest part of the food we are now sending abroad is going to nations who are paying for it.

And last.....American food, by helping to banish hunger and unrest, can be one of the most powerful forces in the world for crystallizing victory into peace.

Let's do more than dream of a white Christmas this year.

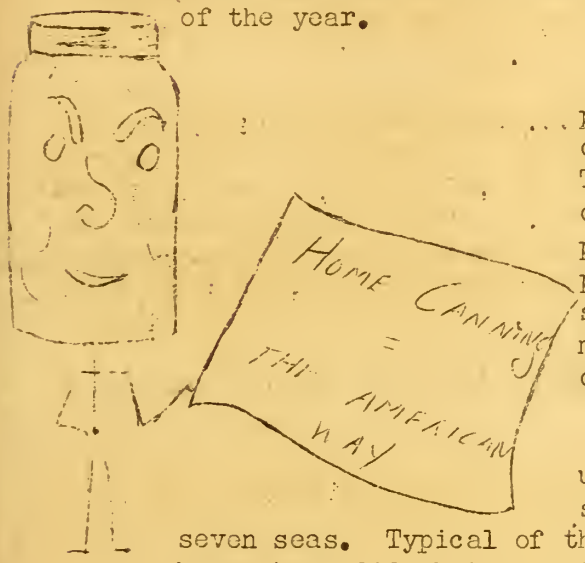
* * * *

SUMMING UP

No question about it....wartime food needs taught the women of the United States new tricks in putting up food for home use. These up-to-date practices are high-lighted in an Extension Service review of the canning records of nearly two and a half million American families.

Today's homemaker cans with a plan. She figures how many jars of each kind of vegetable the family will need for well-balanced meals during the months when fresh produce from the garden is not available. Then she sets up her canning budget to meet the family's nutrition requirements.

In Missouri, for example, a food habit survey showed that meals were often lacking in tomatoes and green and yellow vegetables. So when Missouri homemakers filled their canning budgets...more than 22 thousand of them put up 30 quarts of tomatoes for each member of the family. More than 32 thousand of them put up enough green and yellow vegetables to have greens once a week, and some other foods from the green-and-yellow group each day of the year.



During the war, homemakers learned to put up food in a variety of ways....by canning, freezing, drying and storing. They also learned to put up a variety of foods. In Mississippi, they canned pecans. In the coastal states they put up fish by canning, smoking and salting it. In Arkansas, they put up more than 17 thousand pounds of American cheese.

Homemakers of this country not only put up food for the home front.....they also sent their home canned products over the seven seas. Typical of this is an Indiana community where the homemakers did their canning in a group. Thirty-one boys who were overseas received a box packed with a can of chicken, a can of fruit cake, popcorn, and the best wishes of the folks at home.

* * * *

OF NOTE IN THE NORTHEAST

SOME POINTERS ON POULTRY

It's been a long, long time since we could say there was plenty of poultry, but that's the case now, and we're all glad of it. Homemakers of the Northeast area will find broilers especially plentiful, also heavy tom turkeys. Those big turkeys weigh the table down too much in most small families, but for those who can dispose of a lot of turkey, they're a good buy. The price per pound is usually lower than that of the smaller sizes, you see.

The turkey and/or chicken dinner always has been the traditional "company" dinner in America. Now, however, we can enjoy it frequently in the bosom of the family. As a matter of fact, in some areas where storage space is short, you'll be helping to relieve a tight situation when you encourage your listeners to eat more poultry.

(MORE)

Perhaps you'd like to pass along to your audience some tips from USDA's Bureau of Human Nutrition and Home Economics about modern poultry cooking. Here's rule No. 1:

Use a moderate temperature to cook birds of all kinds and ages. Poultry, like other meats, is toughened and hardened by intense heat. Though cooking times are longer at moderate temperature, meat shrinks less and so there is actually more to serve. And more of the juice and flavor are retained.

Rule No. 2: Vary the cooking method according to the age and fatness of the bird. For young, tender, well-fatted birds, broiling, frying or open-pan roasting is best. For very lean young birds, or for full-grown birds that are past their prime as roasters, but not yet in the stewing class, braising in a covered roaster or casserole is preferable. For very old birds, long, slow cooking in water or steam will make them tender all through.

And here's a warning from BHNHE...KEEP POULTRY COOL! It's a highly perishable food. When you get a chicken or turkey from the market, wash it thoroughly inside and out, dry well, and store it in the refrigerator until time to cook. After cooking, serve it promptly, or else chill and hold it at refrigerator temperature until time to serve. Cool poultry left-overs quickly, place them in the refrigerator as soon as possible, and do not remove until time to use.

* * * *

FEATURE THESE....

And note that cabbage, potatoes and spinach still form a trio of plentifuls in practically every city. They'll all stand plenty of promotion.

These lists are based on latest reports by wire from USDA's market reporters. For daily developments during the current week, phone your local market news office.

BOSTON

Beets
Cabbage
Carrots (topped)
Potatoes
Spinach
Turnips

NEW YORK CITY

Brussels sprouts
Cabbage
Cauliflower
Celery
Escarole
Grapefruit
Kale
Mushrooms
Oranges
Parsnips
Potatoes
Spinach
Turnips

PHILADELPHIA

Beans (green)
Cabbage
Celery
Collards
Escarole
Kale
Peppers
Potatoes
Spinach
Turnips

WASHINGTON, D.C.

Beans (green)
Cabbage
Celery
Onions
Oranges
Potatoes

PITTSBURGH

Cabbage
Oranges (Florida)
Potatoes
Spinach

BALTIMORE

Beans (green)
Cabbage
Cauliflower
Celery
Grapefruit
Oranges
Potatoes
Spinach
Sweet potatoes
Turnips

Radio Round-up

A weekly service for Directors of Women's Radio Programs

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New York 7, N.Y.
December 7, 1945

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U. S. Department of Agriculture

MIDSHIFT INSTEAD OF MAKESHIFT

From the textile mills in the South...the manufacturing plants in the Northeast...the steel mills in Pittsburgh...the auto pulse in Detroit....and the aircraft plants of the West...from all over, wherever workers work, and eat where they work, have come letters in praise of in-plant feeding. In-plant feeding, in case you haven't heard this particular phrase, is the snappy way that management, labor and government have of referring to food-on-the-job.

The theme of the letters is the same: Less accidents, labor turnover, and absenteeism, more production, better management-labor relations, improved health and morale....all this, and more too, because of the war-inspired in-plant feeding program undertaken by so many of the nation's plants. But like a great many war-born, war-carried programs, industrial feeding is not heading for the exit sign now that the war is over. In-plant feeding is not a straw in the wind. It was not a war-time expedient. The knowledge of balanced, healthy meals is not something that occurs in cycles. It's not something that develops for 5 years, then passes out of the picture during the next 5. Like nylons, and red meat and baseball, it's here to stay.

Workers have learned the importance of balanced meals. They have learned new eating habits. And they have taken this new knowledge out of plant cafeterias into their own homes. They learned that a meal that paid dividends included meat, potatoes, a green or yellow vegetable, salad and milk. If they came home to an unbalanced meal loaded with starches and fats, they'd say: "It's filling...but is it the Basic Seven?" At the plant cafeteria, workers were accustomed to a special plate that synchronized the Basic Seven and filled them full of spizzerinctum. And the homemaker listened and learned.

You see how it is? You see how a program like in-plant feeding gets in the groove. Workers want it. Management is full of praise. Even homemakers have been able to learn some pointers. So, it looks as though in-plant feeding is here to stay.

* * *

BAGGING THE SUGAR

Sugar allocations for U. S. civilians during the first three months of 1946 will be the same as the amount distributed for use during the last three months of this year. And there will be no change in sugar rationing for individuals or industrial use during this first quarter of 1946.

The civilian sugar allocation for the first three months of 1946 is 1,100,000 tons...as against a 982,000 ton figure for the last three months of 1945. However, carryover stocks from the July-September period were large enough to provide the same actual amount of sugar for fourth quarter usage as is allocated for the first three months of next year.

(MORE)

Because the world supply of sugar in 1946 is expected to be about the same as in 1945, there is little likelihood of sugar becoming ration-free for some time. It's true that world production may increase, but carry-over stocks have been so reduced that there is less to draw upon than in the past. Some areas, particularly the Philippines, which normally supply close to a million tons of sugar a year to the United States, must rebuild production capacity before sizeable amounts will again be available. No sugar is expected from this source in 1946. Shipments of sugar to the United States from the Caribbean area in the first three months of next year are expected to be substantially lower than the usual rate, because year-end stocks in that area are extremely low. The new crop will not begin to move in volume before March. The only area where there are substantial sugar stocks is Java, and so far none has been shipped from that island because of the internal situation.

For the calendar year 1945, civilians will average about 72 pounds of sugar, for all purposes. This compares with 89 pounds last year and about 96 pounds in the 1935-39 period.

* * *

UNDER THE WING

Lift up the wing of your turkey, and what should you find? Pin feathers? Nope. Guess again. There you have it....a grade label. It reads U. S. Grade A, B, or C. It gives you your best clue to the quality of the bird you are buying.

Turkey inspection and grading started back in 1932. Like all USDA inspection and grading, it was furnished at the request of the turkey industry. The volume was small...say about 500,000 pounds that first year....and primarily at the terminal markets.

In 1933, the Government began to get requests from processors at country points. These grew and grew until by the time war was declared, 10 percent of the total crop was being inspected and graded. Although this was a substantial increase over the 1932 figure... it was still far short of the number of turkeys that could have been given the Federal once-over.

During the war, commercial inspection and grading practically ceased. The service was extended to the armed services and all the birds that went to war had their own special kind of "dog-tag". Now that the war is over, commercial interests are again using this Government service. A resident grader is assigned to a plant. He remains there while the turkeys are being dressed and packed. He grades for external appearance only, which includes shape, plumpness and condition of skin, and tucks his A, B, or C under the wing.

If the bird is eviscerated, the government examiner inspects for condition and wholesomeness. The legend which indicates this type of inspection reads: "Inspected for Wholesomeness, U. S. Department of Agriculture, Plant Number whatever it is." This appears on the wrapper in which the bird is packed. Some birds will carry both legends, depending upon the type of service that the plant desires.

(MORE)

So...when you observe the A, B, or C legend in the web of the wing, you have an official decision on the quality and wholesomeness of the bird you are buying.

* * *

HOW TO DO THE TURKEY UP BROWN

With those larger-than-usual supplies of turkey available...and with the second traditional turkey-dinner of the holiday season approaching...you'll probably be talking turkey considerably this month. Here are some tips from USDA's Bureau of Human Nutrition and Home Economics on the proper method of roasting a turkey, which you may like to pass on to your listeners:

A shallow, uncover pan is best for roasting a young bird. Place a rack under the bird to keep it from sticking, and allow hot air to circulate.

If a roaster is not available, the broiler tray and rack of some ranges can be used. However, the size of the tray interferes with the circulation of air, and is likely to slow down cooking time and hinder browning. When using a very shallow broiler tray, pan drippings must be poured off from time to time, as they cook out of the bird.

Don't put water in the pan when roasting a bird. Steaming breaks the skin and forces juice out of the meat, and is not necessary when the bird is young and tender.

Begin the bird cooking breast down, so that the fat on the back will melt and start the basting.

For even cooking, turn the bird occasionally, placing it breast up part of the time...the parts standing highest in the oven cook more quickly than those next to the rack. Baste at the time of turning.

Remember that the larger the bird, the lower the temperature will need to be. Since cooking time will be longer, if the temperature is too high, there will be more danger of scorching the skin and over-cooking thinly fleshed portions before the other parts are done.

To measure stuffing, count 1 cup of crumbs for every pound of bird, dressed weight. Then, if the bird weighs 10 pounds or less, subtract 1 cup from the total. If the bird weighs more than 10 pounds, subtract 2 cups from the total.

Heating the stuffing in a pan before putting it into the bird cuts down cooking time slightly.

* * *

BLANKET BUYING TACTICS

The big package under the Christmas tree---the one all tied up with satin ribbons---is very likely Mom's practical present to the bride in the family. It's a blanket. Mom got the best one she could buy for the money. And here's how textile specialists of the U. S. Department of Agriculture describe Mom's blanket buying tactics.

First, Mom looked at the label. It told her how much wool there was in the blanket and whether the wool was new, reused or reprocessed. Mom bought the blanket with the biggest percentage of wool in her price range. She knew the more wool, the warmer the blanket.

Mom judged the quality of wool in the blanket by holding the blanket up to the light. She looked carefully at the weave, and she chose a close, even weave. Next, Mom examined the nap. She wanted a thick, soft nap. More than that, she wanted a nap that was firmly anchored in the foundation of the yarn. Otherwise the nap will pull out and roll up in little balls of lint that will shake off when the blanket is used.

Then Mom made sure the blanket was cut the straight way of the good. She checked on this by holding the end of the blanket to the light and seeing that the end ran parallel with filling threads.

Finally, Mom bought a blanket that was long enough. She measured the length and depth of the mattress and added six inches for turning under. That was the size of the blanket she bought. A long blanket is likely to wear better than a short one because it isn't subjected to tugs and pulls that strain even the strongest blankets.

Mom thought about color last of all...because she knew that warmth and durability are the important factors in a blanket. If she could find these two qualities, she felt sure she could find a color that was pleasing. And of course she did.

* * *

TO MARKET, TO MARKET

By Christmas there will be more fresh pork. Later on, the cured pork products...hams, bacon, and shoulders...will be coming through.

This is good news, but nothing unusual in the pattern of hog marketing. Winter is upon us. Farmers have completed their field work and are turning their attention to hog marketing. Heavy marketing started right after Thanksgiving and will continue fairly heavy until the holiday lull. Afterwards, marketings are expected to increase and will probably reach their peak about the second or third week in January.

(MORE)

A factor that held back this year's marketing was that there was a lot of soft corn available, and hogs were held over to eat up this corn. As a result, they are coming to market heavier than normally.

Naturally, all these conditions add up to one thing in the homemaker's mind. And that is increased supplies of pork products. But don't get excited. There's a catch. If you think this means slabs of bacon as far as the eye can reach, or hams without end, then this is the time to come out of that dream and stop counting pigs. You will notice an increase in pork supplies, but quite a bit of this meat has already been promised to Europe. The Government is behind in its commitments for foreign sales and this is a good time to catch up.

* * *

NUTRITION NARRATIVE

What gains have we made in nutrition these war years? We've not only maintained our nutritional level, but we've improved our position considerably. This was the statement of Faith Clark, food economist in the USDA Bureau of Human Nutrition and Home Economics, at an agricultural conference just ending in Washington.

In general, we made those gains, said Miss Clark, because we ate more milk, meat, poultry, eggs, citrus fruit and green and yellow vegetables than in pre-war years....1935-39; and because of the enrichment program for flour and bread. Miss Clark said that for calories the level has varied from 3 to 7 percent above the pre-war period. There has been a fairly consistent upward trend for calcium and protein because of the larger supplies of milk available.

The calcium increase...now about 20 percent above the 1935-39 level...is especially significant, said Miss Clark, since calcium in one nutrient likely to be short in our diets. Levels of vitamins A and C are now about a fifth higher due to the increased use of citrus fruit, tomatoes and green and yellow vegetables. We have more iron in our diets, too, since it is one of the nutrients added to white bread and flour. Increases in three of the B vitamins...thiamine, riboflavin and niacin...are due in part to the bread enrichment program and increased use of certain foods such as milk and meat.

If present agricultural plans materialize, the nutrition level will be as high in 1946 as in 1945....higher in fact in several nutrients than for any year on record. Per capita supplies of meat, fat, sugar, ice cream, cheese, condensed and evaporated milk, fluid cream, canned fruits and vegetables and fresh and frozen fish are expected to increase.

As to how adequate is our national diet...Miss Clark said the amounts of calories, protein, minerals and vitamins available in our national food supply exceed the recommendations of the national research council. However, Miss Clark pointed out that national per capita food averages don't tell the whole story. Too little is known of the waste of food in the marketing process and later in the preparation at home.

(MORE)

Even for the higher income families there is need for additional improvement in diets. For example, last fall the Bureau of Labor Statistics made a nationwide survey of food consumption of urban families. If all of those families with incomes of $4,000 or or over had consumed the quantity of food suggested in moderate cost food plans of the Bureau of Human Nutrition and Home Economics, they would consume a third more milk, a tenth more fruit and vegetables and 5 percent more eggs. The diets of families in the lower income groups are particularly in need of improvement. Miss Clark concluded that we need to continue to strengthen our nutrition education so that more people will understand the importance of food to health. When you point out to your listeners how they can make the best possible choice of foods within their means, and when you tell them how to prepare that food so that it loses as little food value as possible, you are helping with the necessary nutrition education.

* * *

ALL-AMERICAN TEAM

Hand in hand with season for hog marketing is the bumper packing season for kraut canners. It's something like a trigger-timed football game...pork takes the ball...makes a perfect pass to kraut...kraut carries the pigskin for a touchdown. And thousands cheer.

But to get back to the score, the year's pack of at least 210,700 tons of cabbage is almost double last year's tonnage, and far ahead of the 1934-43 average of 162,100 tons. A record high occurred in 1934 when 215,700 tons of cabbage were packed into big wooden tanks and allowed to ferment in its own brine to the satisfaction of everyone involved.

Aiding and abetting the kraut canners this time is the unlimited amount of tin which has been placed at their disposal. This will be of considerable help in utilizing the bumper crop of cabbage this season.

And still being in a football frame of mind, we leave this thought with you. Take advantage of those extra points that kraut is kicking over the goal posts to fill in the pre-holiday lull.

* * *

OF NOTE IN THE NORTHEAST

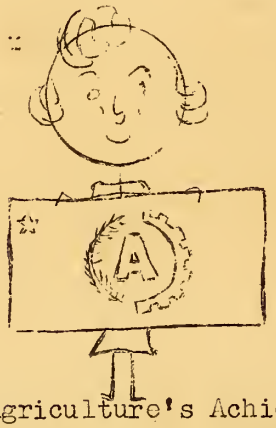
"A" FOR ACHIEVEMENT

Announcement has just been made of the final nominations for USDA's Achievement Awards to food processing plants in the Northeast area. The Belfast Packing Company in Belfast, Maine has been named to receive the "A" Award. This is given to food processors who have achieved excellent production results during the war, and is the highest possible recognition in this line from the Government. The Belfast company processes sardines, and a large part of its output has gone to the armed forces. Of its 135 employees, more than half are women.

(MORE)

Another sardine packing plant in Maine, the R. J. Peacock Company, has received USDA's Star Award for a second year of excellent performance. This award goes to the plants at Eastport and Lubec, Maine.

Star Awards also have been made to the following companies: Deerfoot Farms Company, Southboro, Massachusetts, processors of Army sausage, pork and gravy, tushonka and other meat products; Libby, McNeill and Libby Company, the Houston and Wyoming, Delaware, plants, processors of many food products; the Borden Company, Bainbridge, New York, plant, processor of powdered whole milk; G.L.F. Waterloo Farm Products, Inc, Waterloo, New York, food processors; and the G.L.F. Columbia Farm Products Cooperative, Inc., Bloomsburg, Pennsylvania, food processors.



These firms are part of the final group to receive the U. S. Department of Agriculture's Achievement Awards for outstanding wartime production in the food processing field. It is of interest, by the way, that the first of the "A" awards was given to a firm in the Northeast area, on November 14, 1943. This was the Comstock Canning Corporation of Newark, New York.

* * *

FEATURE THESE

The following lists are based on latest reports by wire from USDA's market reporters. For daily developments during the current week, phone your local market news office.

BOSTON	NEW YORK CITY	PHILADELPHIA
Beets (bunched & topped)	Beets	Beets
Carrots	Brussels sprouts	Carrots (topped)
Celery	Cabbage	Celery
Potatoes	Celery cabbage	Celery cabbage
Spinach	Collards	Collards
Turnips	Kale	Kale
	Parsnips	Parsnips
	Potatoes	Potatoes
	Radishes	Rutabagas
	Spinach	Sweet potatoes
	Turnips	Turnips (white)

WASHINGTON, D.C.	PITTSBURGH	BALTIMORE
Cabbage	Beets	Celery
Cauliflower	Cabbage	Grapefruit
Eggplant	Potatoes	Oranges
Oranges	Turnips	Potatoes
Peppers		Spinach
Potatoes		Sweet potatoes
		Turnips

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Radio Round-up

A weekly service for Directors of
Women's Radio Programs

150 Broadway
New York 7, N.Y.
December 14, 1945

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U. S. Department of Agriculture

HIGHLIGHTING CHRISTMAS

The decorated Christmas tree is an integral part of holiday celebrations in most American homes. And producers are doing all they can to meet the demand this season despite labor and transportation difficulties.

The love of trees and the custom of bringing green boughs into the house played a role in ancient pagan rites. Although early Christian churches frowned upon such pagan fancies, the ceremonial use of trees did not die. Since the era of Christianity, the Christmas tree has become a symbol of hope, life and merriment. There's even a legend that explains why the balsam fir might be so popular at Christmas. Tradition has it that the Lord sent his three messengers.....Faith, Hope and Love....to seek a tree as high as Faith, as eternal as Hope, and as widespread as Love, and which bore the sign of the cross on every bough. They chose the balsam fir.

It's pretty hard to give a definite figure on the amount of Christmas trees used annually in this country because so many trees come from privately owned forest land or farm woodlots. But somewhere between 10 and 15 million is the estimated number. About half of these come from the Pacific Northwest....Montana, Idaho, Washington and Oregon. The Lake States, New England States and Canada account for a good part of the balance.

The center of the Christmas tree market lies in the big cities of the East. New York City and the New England states use several million trees annually, mostly from privately owned New England forests. The large cities of the Middle West get their trees from Michigan, Wisconsin and Missesota, some from the far west and some from local farm woodlots. In the South where pine trees grow very rapidly, folks derive their Christmas greens from local sources.

The West draws a lot of trees from national forest land. Trees from these nationally owned forests are marked by the Forest Service and sold under special-use permits; so that the cutting will be done without harm to future forest crops. Canadian trees are also sold in large eastern and mid-west cities.

Although practically all evergreens can be used as Christmas trees, firs and spruces are most popular. The Northeastern and Lake States strongly favor balsam fir because of the pyramidal shape of this tree and the fairly rigid branches which are well adapted to supporting lights and ornaments. The balsam fir retains its lustrous dark green needles longer than most species and lends itself well to transportation. In the South, the Fraser fir figures as a popular choice. In Colorado and other Rocky Mountain states, fir is abundant but grows at high altitudes and is difficult to get out. So lodgepole

(M O R E)

pine, Douglas fir from the lower ranges and occasionally the Englemann spruce are more frequently used. On the Pacific Coast, the Douglas fir is the principal Christmas tree.

As for preserving the Christmas tree, keep it in a cool, damp storage place until it is to be decorated. Trees that have lost a great amount of their moisture will rapidly shed their needles when taken into dry heated rooms. Moisture loss can be retarded by waxing the cut end, or more simply by placing the tree in water.

* * * * *

CANDIDATES FOR THE NUT BOWL

The second largest crop of domestic tree nuts...pecans, English walnuts, almonds and filberts...some 328 million pounds, are moving to and off the market at a rapid rate. Demand has been good due to high consumer purchasing power, and to the fact that the heaviest purchases are ordinarily made during the holiday season.

In addition to the domestic tree nuts, there are liberal quantities of almonds and filberts from the Mediterranean area and some cashews from India. Very few Brazil nuts are appearing though all wartime restrictions on importation are removed.

As for prices....the domestic nuts are at ceiling...which at the retail level is the same as last year. It's true that the prices of nuts are higher than in pre-war years, but overhead costs have increased too. The cost of materials, labor to care for the trees, harvesting, cost of grading, packing and shelling are all in line with present conditions.

* * * * *

OCEAN WISE

Most of the fishing vessels taken over by the Government during the war are at work again for industry. And it looks now that the yield of fishery products for 1945 will average the production during the five years preceding the war.....or about 4 and a half billion pounds.

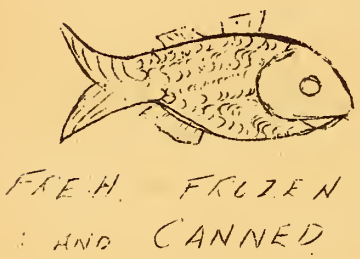
The total is slightly below that of last year because the catch of pilchards or California sardines which accounts for almost a fourth of the U. S. catch is smaller.

However, if you're looking for fresh and frozen fish, chances are you'll find your local market pretty well supplied. Major ports of New England have handled more fish this year than at any time since the beginning of the war...and nearly a million pound over last year at this time. Shipments of New England cod, scollops, haddock, flounder, and lobsters are being distributed as far west as the Rocky Mountain states.

(MORE)

As for the west coast, receipts of halibut, rockfish, flounder, salmon and sablefish at Seattle are up a third over last year. Shipments from this port go chiefly to the Pacific Coast and large middle western consuming areas. Salmon and halibut from this area are commonly marketed in large eastern cities.

Landings of fresh and saltwater fish in the Gulf of Mexico area are up 15 percent over last year...only the oyster haul has declined. In the Chesapeake Bay area there has also been a gain.



In contrast to the upward trend of the fresh fish trade, canned fish output will fall behind 1944. Increases in the pilchard and tuna packs were not great enough to offset declines in salmon, mackerel and Maine sardines. And while shrimp receipts are average, the canned pack is only a third of last year's. However, with smaller military requirements for canned fish products, the homemaker will still notice better supplies than last year.

* * * * * *

FIVE AND TWENTY WINTERS

It was a great day when Alexander Graham Bell picked up the phone and shouted the first immortal words into the receiver. It was also a great day, on December 15, 1920, when the first market news broadcast went out over the short wave in code. Not the kind of code that our Army managed to break in the early days of the Jap war, but a code dot and dash report that was picked up by the so-called "hams" who wondered what in sam hill was up. They translated the dots and dashes into English and discovered it was all about the price and quantity of strawberries, potatoes and such.

So successful were these pioneer broadcasts that the chap in charge of the market news service outlined plans to cover this news on a nation-wide scale. Mid-June of the following year found 31 states receiving dots and dashes that were decoded into market information for the benefit of those who produce, buy or sell agricultural commodities.

Today, daily reports are issued by offices located in the major producing and distributing centers. The service includes movement, market supplies, quality and price trends...and quotations on a wide variety of commodities.

The market news man, even though the homemaker may not know it, is one of her most trusted leg-men. He's the one who's up before the dawn walking through the wholesale markets with his pad, making terse notes of supply, price and quality of various fruits and vegetables in the market.

(M O R E)

This report is immediately communicated to farmers and homemakers by means of press, radio, telephone and mail. It is in this way that the homemaker is kept informed of what foods are in plentiful supply in her local market, and what the best buy happens to be... a daily double service that is hard to beat.

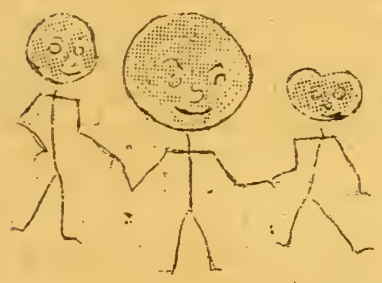
These daily market news reports help growers distribute fruits and vegetables more or less evenly throughout the markets of the nation. Processors use this report to find out where they may obtain the produce they need for operation of their plants. Railroads and truckers contribute their share to orderly marketing by routing the fresh fruits and vegetables to areas where the food is needed most. And when it comes right down to the home front, the homemaker comes in for her divident. Even before she appears on the market scene she knows what's plentiful and its relative cost.

For accurate, unbiased and rapid market reporting, the market news men have a corner on the market.

* * * * *

C IS FOR CITRUS

For the Christmas holidays, oranges from California, Texas and Florida will be available in moderate supply. Grapefruit from Texas and Florida will be fairly plentiful. Tangerines, an attractive buy if there are any kids in the house, will be in moderate supply.



CITRUS FOR CHRISTMAS

The "kid glove" skins that distinguish tangerines are especially easy to peel and make for enjoyable, easy eating. Because tangerines are eaten "in the flesh", the carotene found in the tissue cells is retained.

* * * * *

THE PICKLE VEGETABLE

Last week in Round-up, we told you that there's double the amount of sauerkraut this year than in 1944. Because of the good supply, homemakers may want to serve this pickle-vegetable in several ways. Here are some variations from the pork and sauerkraut team suggested by home economists of the U. S. Department of Agriculture.

Kraut can be served either hot or cold. When served hot, it will keep more of its tang if just heated through. But if the family prefers a milder flavor, let the kraut cook for a longer time. Cold sauerkraut can be served "as is" or in vegetable salad combinations. Just drain and chop the kraut and try it, for example, with raw carrots or cubed cooked beets.

(M O R E)

Sauerkraut also takes billing as a main winter dish. Put alternate layers of kraut and cooked noodles in a baking dish or casserole. Then add a top layer of ground pork sausage, and bake. Or bake kraut in a casserole with chopped frankfurters or luncheon meat.

Another dish for cold weather is savory sauerkraut after the style of the Norwegians. Lightly brown a fourth of a cup or less of fat in a skillet. Add a quart of kraut and a teaspoon of celery or caraway seed. Mix well, separating the kraut with a fork. Then cover and cook for five minutes and serve hot. To borrow a dish from the Pennsylvania Dutch, add onion, apples and a chopped potato.

The juice by the way can be chilled for a meal starter. Some families like it straight. Others prefer it with a little lemon juice...or mixed half and half with tomato juice.

* * * * *

THERE'S A RUB TO IT

A good towel deserves good care especially in these days when demand is so high. Homemakers who are lucky to find towels among the gifts under the Christmas tree might want to check over the following tips.

First way to get the best wear from towels is to rotate supplies. Put the freshly laundered towels on the bottom of the pile in the linen closet. This way there will be no danger of a few towels taking all the family rub while others lie in storage. Long storage without laundering isn't good either; smoke dust, and moisture in the air combine to weaken cotton even while the towels are lying on the shelves.

As for washing tips. If a bleach is used, dilute according to directions because strong bleaches weaken the fabric. Drying outdoors in the sunshine is a safe, effective bleach, but bring the towels in when they are dry. Long whipping in the wind may loosen yarns at the corners of the hem and cause them to fray. If the selvage wears out, check the fraying by taking several rows of stitches along the edge.

It's best not to iron Turkish towels. Ironing mats the loops and may even bend the fibers in the yarn enough to break them, and it does cut down absorbency. Face and dish towels may be ironed flat and folded by hand. And vary the folding job....sometimes in halves and sometimes in thirds to prevent too much wear at any one spot.

To avoid mildew, hang towels up immediately after using so that air can circulate through them. Mildew sometimes does not show, but even when invisible it will cause the fabric to deteriorate.

For a final tip...warn against drying sharp knives or razor blades on dish towels or hand towels. A cut through just one yarn will weaken the fabric.

* * * * *

DDT MEN

So hungry is the plagued public for something to kill insects that anything with DDT on the label goes. The bigger the letters, the faster the sales. So it is easy to see how the past few months have been a hectic time for the Insecticide Division of the United States Department of Agriculture.

Charged with protecting the public against misleading claims, the Insecticide Division is to the bug world what the Food and Drug Administration is to the realm of food and drugs. Keep it pure, and put the right label on it is the motto of both. But enforcement of the Insecticide Act is a slow process, according to Dr. W.G. Reed, Chief of the Division. It is necessary to collect samples that move through interstate commerce, to analyze and test them before taking any legal action. It is not at all unusual to have several months slip by from the time a shipment is made until the enforcing agents can accumulate sufficient evidence to take any action whatsoever.

So the Division turned to the insecticide manufacturers for aid. It issued a general invitation for manufacturers to submit sample insecticide labels. Floods of labels came back. A month after DDT was released for civilian use, the trade notice on labeling insecticides containing DDT was issued. Most manufacturers have followed the labeling advice that the Division distilled from their suggestions. It is gratifying, says Dr. Reed, to learn that the number of serious violations that have been encountered up to date have been fewer than expected.

The Federal law does not require poison labels on insecticides. But it does say that labeling of such products shall not be misleading....and recommends a caution statement for preparations that may result in injury to persons or animals involved.

It is thoroughly comforting to realize that the backdrop of an enforcement agency is always there to maintain the spirit and letter of protection.

* * * * *

OF NOTE IN THE NORTHEAST

JANUARY PLENTIFULS

If you like to look ahead in planning food copy, the following list of January plentifuls for the Northeast area should prove helpful to you. You'll note that there's expected to be little change from this month's food picture, except for a larger influx of citrus fruits into northern markets. Here are the foods that will head the list:

POULTRY	FRESH VEGETABLES
Heavy tom turkeys	White potatoes
Chicken (except for small broilers)	Cabbage

(M O R E)

FRESH FRUIT	STAPLES
Oranges	Dry peas
Grapefruit	Breakfast cereals
	Wheat flour
	Soya grits and flakes

Of course, there'll be additional foods in plentiful supply throughout the month to come. You'll find these listed in our week-by-week plentiful list under the title FEATURE THESE.

* * * * *

FEATURE THESE

The following lists are based on latest reports by wire from USDA's market reporters. For daily developments during the current week, phone your local market news office.

BOSTON	NEW YORK CITY	PHILADELPHIA
Beets (topped)	Beets	Cabbage
Cabbage	Cabbage	Carrots (topped)
Carrots	Celery	Celery
Escarole	Collards	Celery cabbage
Kale	Grapefruit	Collards
Parsnips	Kale	Escarole
Potatoes	Oranges	Kale
Rutabaga	Parsnips	Parsnips
Turnips	Green peas	Potatoes
	Potatoes	Rutabagas
	Spinach	Spinach
	Tangerines	Sweet potatoes

WASHINGTON, D.C.	PITTSBURGH	BALTIMORE
Cabbage	Beets	Cabbage
Oranges	Cabbage	Celery
Potatoes	Eggplant	Grapefruit
	Escarole	Oranges
	Oranges	Potatoes
	Peppers	Sweet potatoes
	Potatoes	Turnips
	Turnips	

JAN 31 1946
U. S. DEPARTMENT OF AGRICULTURE

Radio Round-up

A weekly service for Directors of Women's Radio Programs

150 Broadway
New York 7, N.Y.
December 21, 1945

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U. S. Department of Agriculture

MERRY CHRISTMAS!

HOLIDAY MISSILE

It is alleged that the thrush, winged messenger of the gods, flew the first sprig of mistletoe to that whirling planet yclept "Earth". That sprig wrapped itself around a tree, and we haven't been able to get rid of it since.

Delving into the rich lore of this parasitic shrub that has a stranglehold on our trees, we learn that in ancient Britain it was the sacred plant of the Druids. Mistletoe was so sacred to these ancient priests of Gaul and Britain that it must never touch the earth. And only a golden sickle must cut it.

Because of its heathen beginnings, the Church has never sanctioned the use of mistletoe in the decoration of a religious edifice. But these restrictions do not extend to the home where it will always be used by those who wish to preserve an old and tantalizing custom.

Looking at mistletoe from a supply angle, it seems that there has always been an over supply of this commodity. The only trouble is in the harvesting and transporting of it. Labor and transportation troubles are always taking the joy out of life.

American mistletoe sprawls all across the country. From Central New Jersey to Missouri it grows, and southward to Texas and New Mexico, winding itself around hardwoods, especially tupelo and red maple. Then there's a large Western form that comes in bushy clumps of two to eight feet in diameter.... and taps the poplars and willows from Texas to Central California. On the Pacific Coast, it concentrates on the oaks from Oregon to Southern California and Arizona. ..

The kiss of the mistletoe on the tree may be a kiss of death. As the shrub grows, it pokes its feeding roots in the sap stream and steals the food that the tree has manufactured. This stunts the tree...may even kill it, if the mistletoe concentrates its embrace on the trunk.

It may be a pesty parasite...but it's very nice to have around for holiday fun. Faint heart has a hard time with the ladies....but mistletoe makes it a mite easier.

* * * *

THE CANAPE HOUR

Once a year it seems all right to go a little off the supply and demand track...and sound off on a few holiday treats. So we call this Department the "Canape Hour".

This is the season for drop-in parties, and if you have a few cans or jars of this and that around, you can whip up a set of snacks that are both Christmas-sy and good to eat. There are always the old standbys....sardines and anchovies...and they mix well with cream cheese. There's lox....or smoked salmon, if you know it better by that name. Easy to get at the corner delicatessen, and easy to serve. A slice of enriched white bread, topped with cream cheese and a slice or two of smoked salmon, and on top of that a thin sliver of Spanish-type onion... and you have a fine appetizer.

For color, mash an avocado; mash it fine and add fresh tomatoes that have been diced, minced onion, a few drops of lemon juice, and something hot like cayenne pepper. After you've pestled this mixture to a pulp, there emerges a Mexican dish called "guacamole" to be spread on whatever form of bread or cracker you have on hand. On strips of white buttered bread this avocado mash makes a fine eating partner with red caviar that has been treated with onion and lemon juice. They're pretty, too....the red and green strips side by side.

Then there's a host of cheeses. Blue cheese can be mashed and molded into a paste. American cheese can be ground up with mangoes and spread on the various fancy crackers that are flooding the stores.

All you need is a little imagination, the wherewith to spread, the whereon, and you're off to the Canape Hour.

* * * *

THE MEAT SHARE

Meat allocations for the first quarter of 1946 have been announced. The civilian share is about the same as for the last quarter of 1945, but 18 pounds per capita above that for the first quarter of this year. This means that civilians will be consuming at an average annual rate of about 150 pounds of meat.

The January through March meat allocation provides 83.8 percent of the total supply for civilians; 8.1 percent for United States military and war services; and 8.1 percent for foreign shipments and United States territories.

It is espected that civilians will receive more pork than during the last quarter of 1945, about the same amount of lamb and mutton, but less beef and veal. Although the 1945 spring hog crop now going to market is 7 percent smaller than the spring crop of a year earlier, peak marketings will probably occur in January. Also, the animals will be heavier than a year ago.

(MORE)

The allocation for United States military and war services is slightly higher than the amount set aside for this purpose in the last quarter of 1945, but is only 36 percent of the amount procured in the first quarter of 1945. The Department of Agriculture has just reinstated a 30 percent set-aside of Good and Choice grades of beef for military requirements. This action also requires that not less than 80 percent of the Good and Choice grades of beef set-aside for purchase by the armed forces be prepared as "frozen, boneless beef" in accordance with army specifications.

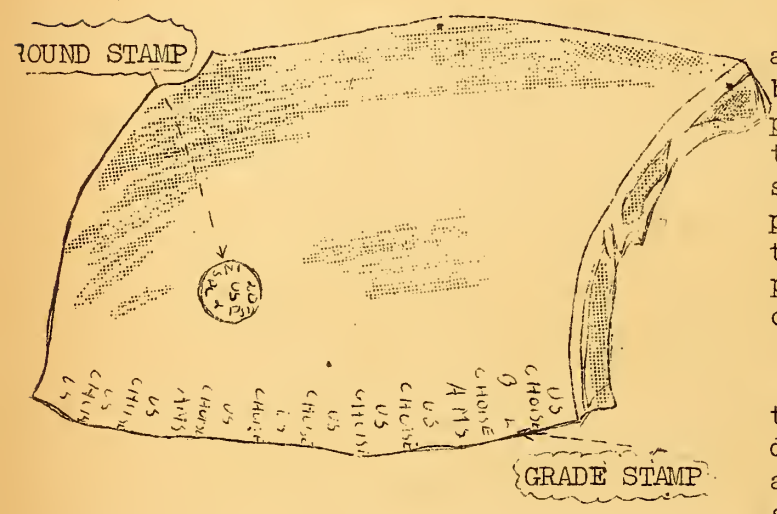
This reinstatement of the set-aside is solely for the purpose of helping procure the quantities of meat allocated to the armed forces. It will not affect the quantities of these grades allocated to civilians.

The allocations for export and foreign shipments include: Belgium, 44 million pounds; France, 46 million pounds; Netherlands, 15 million pounds; Netherlands East Indies, 20 million pounds; UNRRA countries, 300 million pounds; United States territories and other commercial shipments, 58,500,000 pounds. The rest of their imports is expected to come from Argentina, Canada, Australia, New Zealand and Denmark.

* * * *

GLANCE AT THE GRADE

During the war, conscientious consumers checked the Federal meat grade stamp against the number of red points they handed over to the butcher. Even though ration tokens are things of the past, meat grades are still important in the anti-inflation picture.



Since there's not enough of all cuts of meat to supply everybody, OPA still maintains ceiling prices on meat which vary with the different grades. To make sure she is paying the correct price, the consumer should check the grade stamp with the ceiling price for meat at that grade and cut.

It's a good idea to point out to listeners that there are two different Federal stamps on meat... although both are made from the same harmless purple dye. The round purple stamp on meat means that Federal inspectors have examined the meat and passed it as wholesome food.

The grade stamp says "U.S." followed by one of the grade names... "Choice", "Good", "Commercial" and "Utility". The same grades apply to beef, veal, lamb, or mutton.

U. S. Choice is stamped on the highest quality meat. The animals have been well-fattened which is evidenced by a high degree of marbling. This is the ideal meat for steaks and roasts.

The next grade, U. S. Good, goes on meat that is good quality for all uses. It has little fat mixed in with the lean.

U. S. Commercial is third in line. During the war thrifty homemakers found how satisfactory it is for pot roasts and other moist heat cookery.

Then there's U. S. Utility...another grade that proved itself during the lean meat days. This meat is low priced but that's no reflection on its food value, or its delicious taste when it's prepared right. It's fine for pot roast, stew, and other inexpensive dishes.

* * * *

PARCEL PROBLEM

The plea to save containers still holds. Instead of easing up, the shortages in materials for packaging food will continue during 1946. Not serious enough to hold up production...but serious enough to set your mind on conservation of the available supplies. This applies to wrapping paper, paperboard containers, tin cans and glass holders.

Paper will be short because of the threatened drop in our Southern pulpwood production. The industry is finding it difficult to replace the prisoners of war who were used a pulpwood cutters during the war. So, until more labor is found, it would be wise to use and re-use your paperboard containers.

Until new supplies of tin come drifting in from the Malay States, controls on the size of tin cans and the amount of tin coating will be maintained. This means that the Number 2 cans for vegetables, and the 2½ cans for fruits and juices will still be with us. Makes it hard on the small family unit....but is the most practical way of solving the tin shortage.

Glass containers will continue short until the production of glass, tin and paper containers increases and until all containers resume their normal distribution channels. Return your milk bottles, re-use your paper cartons, try not to be profligate with wrapping paper. The good old days haven't come back yet where containers are concerned.

* * * *

THE VEGETABLE ROAD

The vegetable outlook for the nation's holiday board is good. Going through the bin from artichokes to turnips we find supplies a little better than last year at this time.

French or globe artichokes...not to be confused with the underground Jerusalem artichoke...will be on hand from California. Snap beans on all eastern and midwestern markets are now from Florida with California supplying the far western states. Bunched beets... for pickling or in a hot borscht...are being sent to the eastern section of the country from Texas. The western states are supplying their own markets. And topped beets out of farmers' storage pits in the northern and northeastern states are also fairly plentiful.

The California broccoli crop, following recent rains, is expected to be adequate for most markets of the nation with prices fairly high though. Brussells sprouts are in light supply because of the season. The difficulty is that sprouts are grown only in California during the winter, and only a certain section of California at that. Fall cabbage is coming out of storage in the northern states, and shipments of new cabbage will increase seasonably from Texas, Florida and Arizona.

Increased quantities of bunched carrots are being shipped from Texas, Florida and Arizona. Topped carrots that have been held in storage are moving from northeastern states in liberal quantity. Celery is being shipped in volume from California, and the Florida season is getting underway. Florida shipments of this vegetable usually become fairly heavy after the first of the year.

Florida shipments of cucumbers are declining, and good cukes are scarce. After Florida we shift to the hot-house varieties that live a sheltered life in Ohio, Indiana, Illinois and Iowa. A few cucumbers may be noticed from South of the Rio Grande and from Cuba.

Lettuce will be available at ceiling prices. Cool weather in the southern part of California has improved the quality of this winter's lettuce. Potatoes are with us, of course, and will continue to be. After Christmas the little red-skinned spuds will be coming from Florida.

Spinach at this season for the eastern markets comes from Virginia and Texas. When the cold hits Virginia, then we turn to the Winter Garden Area in Texas.

As for tomatoes, when California shipments decline, Texas steps up. Other tomatoes are expected from Cuba and Mexico....and the hot-house kind from Ohio. But prices are high.

Onions are coming mostly from storage in the northern and Rocky Mountain states. Turnips and turnip tops are tumbling out of Georgia. That's the major line-up for vegetables, but you can see the nation's cooks have a good selection.

* * * *

REPORT FROM THE FOOD FRONT -

In a final check on 1945 crop production, the U. S. Department of Agriculture reports the third largest total on record...a total only 2 percent short of the 1942 peak. Power equipment, long hours of work and determined effort on the part of American farmers made this achievement possible.

New highs were set for wheat, oats, tobacco, rice, popcorn, hops, peaches, pears, grapefuit, almonds and fresh vegetables. In the vegetable line-up; yields of cabbage, cauliflower, celery, eggplant, lettuce, peppers and tomatoes were the largest ever. There'll be plenty of peanuts available too, more than 2 billion pounds were picked and threshed, which is 41 percent over the 10 year average. Potatoes are assured their place at daily meals because this year the production is the third largest on record... some 425 million bushels.

Other near-record crops were sugar cane, oranges, grapes, pecans, soybeans, flaxseed and hay.

On the very short side were cotton, with crops of apples, sour red cherries, maple sirup and maple sugar the smallest ever reported.

* * * *

FAT CONTRIBUTION

Remind your listeners to save fat from the holiday fowl or roast for the salvage drive. Unless kitchen fat salvage continues to supply 10 percent of the tallow and grease production....as it has during the war....there will be an even greater shortage of all kinds of laundry soap. Every pound of kitchen fats turned in also speeds up production of fabrics, electric appliances, tires and paint.

* * * *

FOOD FACTS

ORANGES appear on most lists of plentiful foods these days, which is a far different situation from grandmother's time. Oranges were a rare delicacy then, a luxury, to be enjoyed chiefly at the holiday season. That's when the custom started of putting bright, golden oranges in the children's Christmas stockings. And remember...oranges are specially valuable for their high vitamin C content; they also contain vitamins A and B_1, and some of the minerals. From every standpoint, oranges deserve to go at the top of wintertime food shopping lists.

FEATURE THESE

.... And note that some of the lists are a bit shorter than they have been recently. It's natural, of course, to have smaller supplies of many of the tender vegetables during the cold weather, as we're dependent on those shipped in from the South and the West. The heavy snows of the past week have added to the difficulty of getting supplies to market, however. In many sections of the country, shipments have been seriously retarded, and hauling from wholesale markets to retail stores has been held up.

We have the root vegetables to fall back on, however, fairly good supplies of cabbage still, plenty of potatoes in most markets, and moderately plentiful shipments of citrus fruits are coming to our fruit stands. You can help your listeners by suggesting varied uses of the foods which are in current good supply.

The following lists are based on latest reports by wire from USDA's market reporters. For daily developments during the week, phone your local market news office.

BOSTON	NEW YORK CITY	PHILADELPHIA
Beets	Beets	Cabbage
Cabbage	Cabbage	Celery (Pascal)
Chicory	Collards	Escarole
Eggplant	Eggplant	Parsnips
Escarole	Escarole	Peppers
Limes	Oranges	Rutabagas
Parsnips	Parsnips	Turnips
Peppers	Peas	
Potatoes	Peppers	
Rutabagas	Potatoes	
Turnips	Tomatoes	
	Turnips	

WASHINGTON, D.C.	BALTIMORE
Oranges	Grapefruit
Potatoes	Oranges
	Potatoes
	Sweet potatoes

Radio Round-up

A weekly service for Directors of Women's Radio Programs

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New York 7, N.Y.
December 28, 1945

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U. S. Department of Agriculture

HAPPY NEW YEAR!

BLUEPRINT FOR AGRICULTURE

"We are planning on abundant production," says the Secretary of Agriculture, and not to be out-planned by industry or international organizations, agriculture has formulated its blueprint to achieve this abundant production.

Through the war years, agriculture was the orphan of our economy. While industry was adding millions of men to the payroll, agriculture was pleading for machinery and repair parts. While industry was building minature cities, agriculture put its sign out at the same old stand and stretched the use of its acres, animals and machinery.

. . . And somehow, agriculture achieved a production miracle comparable with that which industry wrought. Farm output was stepped up by one-third. One-fourth of the total production went to war. Still, civilians ate better on the average than in peacetime.

How did it happen? What was responsible? Well, there was good weather through the war years. There was also hard, back-breaking work and there was ingenuity. Goals were suggested....and surpassed. The constant research of the Department of Agriculture paid off in increased yields. It did even more; it helped in the production of penicillin on a big scale. Departmental scientists developed the "aerosal bomb" which protected our fighting forces against disease-bearing insects. Research definitely paid dividends.

Agriculture's blueprint for abundant production takes into account the 60 million jobs we read about...and each "jobber" and his family will need a lot more food, and different kinds of food if they are to be well fed.

. . .

Agriculture would have certain broad objectives and responsibilities in such an expanded economy. All of these objectives go up the road that leads to abundance. It's an indication that industry, labor, agriculture and government plan to carry out a unified, balanced expansion of production.

. . .

We have in this country, say the Secretary of Agriculture, fully half of more of the productive potential of the earth. It seems reasonable to believe that the progress and peace of the world will be stimulated mightily if we demonstrate than an economy of abundance is not idealistic dreaming, but a practical, workable, common-sense way of doing things.

* * * *

SALTED TREATS

Over 26 million 8-ounce cans of salted peanuts declared surplus by the War and Navy Departments are moving into civilian markets. Though the peanuts were salted and packed last year they were hermetically sealed and should be found in the same quality as when packed. Some peanuts already sold from this lot have met a very favorable reception, and were reported to be in excellent condition.

(M O R E)

In spite of the large peanut crop this year, there is a shortage of peanuts of the size usually salted. Also, processors have had difficulty obtaining adequate supplies of oil of the type suitable for use in salting peanuts. So the market will not be flooded by this release of canned peanuts. This supply will probably all be sold within the next six months, and later there's a good chance that other lots will be offered by the war and navy departments for resale to the public.

* * * *

FARM LIFE IN '46

As the first postwar New Year rolls around, there are prospects of a happier 1946 for farm families in this country. Number one event will be the return of many sons, daughters and husbands who have been away during the war. And here are other bright prospects mentioned by family economists of the U. S. Department of Agriculture.

Farm income will probably continue relatively high...perhaps as favorable as in 1945. Many farm families have paid off debts with higher income received during the war and have some savings. These families can greet the New Year in a good financial position. Incomes for 1947 and '48 are harder to predict because they tie in with the general national employment picture. If jobs are plentiful there will be a large demand for farm products, also young men and women from farms who want city jobs will be able to find them.

The labor situation on farms should be better in the coming months. During the war, farm production increased, but there were fewer people at home to share in the work. In 1946 there should be more leisure time for everybody in the family, and a better chance for education for many children.

The medical situation should also improve. Some of the doctors and nurses discharged from the Armed Forces should be coming to rural areas. Maybe this will not give farm people all the medical services they want since the number of doctors and nurses in rural communities was decreasing even before the war. Although medical personnel may still be limited, health facilities may be improved, for hospital and medical equipment left over from the war will be available at low cost to communities able to take advantage of them.

Other programs....like rural electrification and school lunches.... slowed down by the war should be resumed. It seems certain now that more farm families will have electricity and more farm children will have adequate school lunches by the end of 1946.

The trend toward smaller farm population is likely to continue. This decline in population makes it harder for farm families to get health services, public libraries and other community facilities.

(M O R E)

In schools, for example, when the number of pupils drops, the cost per child rises for those remaining. In some communities the trend of population away from rural districts will be checked by non-farm families who will want to live in the open country, villages or small towns....even though they work in nearby cities. This should make it easier for the community to pay for needed services.

* * * *

BRIEF ON BUTTER

Those of you who've had difficulty getting butter wonder where the supply is going and what chances are for improvement.

First of all about the supply...production of butter during 1945 was the lowest in twenty years because butter prices have been relatively lower than prices for such other dairy products as cheese, evaporated milk, fluid milk, cream and ice cream. Consumers have just been getting their milk in other forms than butter because, as you know, milk production was at all-time record high this year. However, despite the lower production of butter, there has been more butter available for civilians during November and December than in any other months during 1945. The reason for this was the sale of some 70 million pounds of butter from Government stocks. Besides this released butter there were our commercial stocks, too.

Against this supply was an unleashed demand. With the end of meat and fats rationing, it was no longer necessary for consumers to keep down their purchases of butter. Then came the holiday feasts and the available supply moved rapidly.

As for when the supply situation will ease. Well, prospects for immediate improvement aren't too bright. Sales of surplus government stocks to the trade have almost been completed. By mid-January, civilian supplies will be almost entirely governed by current production. Because the use of fluid milk and most other dairy products is expected to continue high, there's not much hope of more butter until the flush milk production season beginning next spring.

* * * *

TO THE MEAT MARKET

Marketings of hogs have been increasing seasonally, and weekly slaughtering the first part of December was about 3 times that in September and October. So pork production is now about the same as last year. Federally inspected cattle, calf, sheep and lamb slaughter during the first two weeks in December dropped slightly from the same period last year. With the current increase in pork production and the decline in beef and lamb production...the total meat supply is almost up to last year for this period.

* * * *

MOLASSES ON THE MOVE

The U. S. Department of Agriculture is selling over 12 and a half million gallons of high-test sugar molasses to food processors, syrup blenders and sugar refiners for reprocessing for civilian use.

The molasses was acquired during the war by the Defense Supplies Corporation from Cuba to make industrial alcohol for synthetic rubber and munitions. The need for industrial alcohol has lessened; so the release of this molasses at a time when sugar supplies are limited is good news.

After the molasses has been filtered and any impurities taken out, it will be sold to civilians, and the supply should reach our markets during the next three months. Some of the molasses will be used by food processors in bakery goods, bottled beverages, confections and prepared cake mixes. Homemakers will also be seeing more sirup for table use and in baking.

* * * *

THE FRUIT THAW

Frozen fruits are now coming from freezer and locker to add lushness to winter meals. To maintain their color and food value, there are certain serving tips to remember.

Those frosted delicacies need only slight thawing...just enough to separate the pieces even if the fruit is to be cooked. And served raw, frozen fruits are at their best when still a little bit icy.

The Bureau of Human Nutrition and Home Economics of the U. S. Department of Agriculture advises prompt use once the food is taken from frozen storage. Thawed fruit that is allowed to stand around even in a refrigerator --- loses some of its fragrance and flavor, as well as its fresh texture and shape. So thaw only as much fruit as can be used at one meal. If the whole package is not needed, break or cut it in two and return the frozen part to the freezer. And be sure to keep the unused portion wrapped and frozen.

Once food has been thawed it should not be refrozen. Refreezing not only decreases the flavor and food value but offers chances for spoilage organisms to flourish. While the quick freezing process stops growth of organisms that cause food to spoil it does not destroy them. So as soon as the food is thawed these organisms are ready to grow in the loosened tissues.

(M O R E)

While the frozen fruit is thawing it should be left in the sealed container. Also, if the package has been cut in two, protect the opened end from exposure to air. Oxygen tends to destroy fresh flavor. If the fruit is to thaw on a refrigerator shelf, allow six to eight hours for a 1-pound package. At room temperature, two to three hours is adequate. And if the fruit is packed in a leak proof container, the fruit may be thawed in a half to one hour by placing the package in a dish under cool running water.

And for a final suggestion...if thawed fruit must be held over, heating it briefly will help prevent further loss of quality. Then store it cold.

* * * *

FRESH FRUIT LINE-UP

Citrus fruits are supply leaders in the fruit market bins right now. The orange crop while less than last year (due chiefly to the smaller crop in California) is estimated to total over a 111 million boxes. The supply of grapefruit from all areas is estimated at over 63 million boxes...almost 11 million boxes larger than last year. There are practically no military or lend-lease purchases of processed citrus products at this time and smaller military purchases of fresh fruit than last year. All this adds up to ample supplies of citrus products for the home folks.

All other fresh fruits are in rather limited supply at this time. The national apple crop was the lowest on record, though the crop in the northwest was nearly normal. Most of the apples on markets now are Winesap, Delicious and Yellow Newtown varieties from Washington and Oregon. It is expected that the Delicious apples will be pretty well cleared up by the end of January. After that the apple supply will be Winesap and Newtowns...ordinarily our longest keeping apples.

The fall and winter pear crop on the Pacific coast (normally the supply area at this time of the year) was above average. Due to the shortage of apples, this fruit is moving rapidly on civilian markets.

Storage holdings of Emperor grapes from California, according to a report taken the middle of December, were only a little more than half the supply of last year. This stock is expected to be marketed rather rapidly. Cranberries, too, are rapidly coming to the close of their marketing season.

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FEATURE THESE

Following is a list of fresh fruits and vegetables expected to be in plentiful supply during the week in the various major Northeastern markets. These reports come to us by wire from our market reporters. For daily developments during the week, phone your local market news office.

BOSTON	NEW YORK CITY	PHILADELPHIA
Beets (topped)	Beets	Cabbage
Cabbage	Cabbage	Celery
Carrots (topped & bunched)	Celery	Parsnips
Parsnips	Chinese Cabbage	Potatoes (small)
Turnips (Purple top)	Collards	Rutabagas
	Escarole	Turnips (White)
	Kale	
	Potatoes	
	Turnips	

WASHINGTON, D.C.	PITTSBURGH	BALTIMORE
Cabbage	Cabbage	Cabbage
Oranges	Carrots (topped)	Grapefruit
Potatoes	Potatoes	Oranges
		Potatoes
		Sweet Potatoes
		Turnips